

Posture Prayer.

Spend a month of beginning and ending your day with these posture prayers. Evaluate and discuss with others what effect this is having on your life?



Surrender

Hands Up

Jesus thank you for where I have seen people and places surrendered to your ways and purposes.

Thank you for giving me the strength to pursue you in spite of the cost and challenges

Thank you for the joy that comes when I live in a way that is in the flow of your ways for me

Fists Up

Forgive me Jesus for the times that I have acted like this today.
For my selfish un-surrendered attitudes and actions

Hands Up

I surrender myself to you this night.
I surrender my fears, anxieties and anger to you
Let me rest in the knowledge of your love and peace.

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Generosity

Hands Open

Jesus thank you for the times today that I have seen generosity and gratitude in action today
Thank you for giving me the strength to live in a way that follows the example of the generous boundless love that you lavish over me

Hands Closed

Forgive me Jesus for the times that I have acted like this today.
For my tight fist and stingy attitudes and actions

Hands Open

I open myself up to your love and peace tonight
Let me rest in the knowledge that you lavish your love on me even while I sleep

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Mission

Hands Forward

Jesus thank you for the ways in which I saw your loving kingdom
advance today
For the ways in which I was able to embrace people and purposes and
demonstrate your love and justice.

Hands Folded

Forgive me Jesus for all those opportunities I didn't respond to today.
For the ways I critiqued and commented but failed to act and pray

Hands Forward

I rest in the knowledge that whatever I have done today you embrace
me like you did the prodigal son.
As I sleep reveal yourself to me and those I am reaching out to by your
Holy Spirit