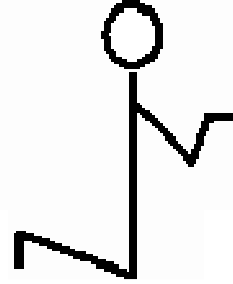


Kneeling Posture - Breathing In and Out

Kneeling Posture:

- Kneel on the floor
- Eyes open, looking up
- Hands uplifted with the palms up
—OR—
- Looking down with eyes averted or closed
- Hands folded



The secret to kneeling is not to bend at the waist. Thrust your hips forward, so that your abdomen and thighs form a straight, vertical line, and you'll be able to kneel for long periods of time without fatigue and without sitting on your heels.

Alternative Posture:

Sit with feet flat on the floor and hands facing up, one in the other, eyes open and looking up. -
OR- Sit with feet flat on the floor, hands folded and eyes closed or looking down.

This posture communicates humility, reverence, repentance, supplication and submission before God.

*[Jesus] withdrew about a stone's throw beyond them, **knelt down and prayed**, "Father, if you are willing, take this cup from me; yet not my will, but yours be done." An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground. Luke 22:41-44*

*When Solomon had finished all these prayers and supplications to the Lord, he rose from before the altar of the Lord, where he had been **kneeling with his hands spread out toward heaven**. 1 Kings 8:54*

*Come, let us bow down in worship, let us **kneel** before the Lord our Maker. Psalm 95:6*

*Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus **every knee should bow**, in heaven and on earth and under the earth, and every tongue acknowledges that Jesus Christ is Lord, to the glory of God the Father. Philippians 2:9-11*

(Over)

Use the form of these Celtic Prayers to create your own prayers.

Breathe in as you read the things you want in and breathe out as you read the things you want out:

**Circle me, O God,
Keep hope within, (breathe in)
Keep despair without. (breathe out)**

**Keep peace within,
Keep evil without.**

**Keep joy within,
Keep fear without.**

**Keep love within,
Keep hatred without.**

**Keep strength within,
Keep weakness without.**

**Keep light within,
Keep darkness without.**

**Keep confidence within
Keep doubt without.**

**Circle me, Lord,
Keep protection near
and danger afar.**

**Keep light near
and darkness afar.**