



FULL BODY

Prayer Postures

Try some new body postures as you pray to see if the words come more easily and prayer comes more naturally for you.

Pray:

Perfect God, Thank you for creating bodies. Teach me to use this body for your glory and your purposes. Let it please you now in prayer.

Read:

Psalm 141

“I call to you, Lord, come quickly to me; hear me when I call to you.

May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.

Set a guard over my mouth, Lord; keep watch over the door of my lips.

Do not let my heart be drawn to what is evil so that I take part in wicked deeds along with those who are evildoers; do not let me eat their delicacies.

Let a righteous man strike me—that is a kindness; let him rebuke me—that is oil on my head. My head will not refuse it, for my prayer will still be against the deeds of evildoers.

Their rulers will be thrown down from the cliffs, and the wicked will learn that my words were well spoken.

They will say, “As one plows and breaks up the earth, so our bones have been scattered at the mouth of the grave.”

But my eyes are fixed on you, Sovereign Lord; in you I take refuge—do not give me over to death.

Keep me safe from the traps set by evildoers, from the snares they have laid for me.

Let the wicked fall into their own nets, while I pass by in safety.”

Activity:

Utilize the instruction cards to try out all 5 prayer postures.

If you have limited mobility, please utilize the Alternative Postures provided on each card.