

Lying Posture - Receive God's Love



Lying Posture:

- Lie on your back
- Relax your arms slightly away from your body with palms facing the ceiling
- If your back hurts, bend your knees with your feet flat on the floor
- Close your eyes and relax

Alternative Posture:

Place your chair against a wall. Sit in the chair with your back against the back of the chair and your head resting against the wall. Rest your hands in your lap palms facing up with your eyes closed and relax.

*Tremble and do not sin; when you **are on your beds**, search your hearts and be silent. Psalm 4:4*

***On my bed** I remember you; I think of you through the watches of the night. Psalm 63:6*

This posture creates an opportunity to meditate on the goodness of the Lord and receive his blessings, comfort and love. Recenter yourself in all of the wonderful blessings he desires to bestow on you. Lay there and receive his kindness. Here are some thoughts to get you started:

God loves me.
God knows me.
God set me free from sin.
God is more than enough for me.
God is the lifter of my head.
God cares for me.
God considers me.
God enjoys me.
God gives me joy.
God gives me peace.
God gives me wisdom.
God gives me faith.
God gives me perseverance.
God heals me.
God is generous to me.
God is kind to me.
God is compassionate to me.
God comforts me.
God is preparing a room for me in his house.
It is so good to know God.

*God rejoices over me with singing.
Zephaniah 3:17*

**The peace of God be
over me to shelter me,
under me to uphold me,
about me to protect me,
behind me to direct me,
ever with me to save me.**

Christ before me, Christ behind me,
Christ beneath me, Christ above me
Christ beside me, Christ within me.

**May the peace of the Lord Christ go with you,
wherever He may send you.
May He guide you through the wilderness,
protect you through the storm.
May He bring you home rejoicing
at the wonders He has shown you.**