

Be Still...

Praying with the Senses – Palms of the hand

Sit quietly somewhere peaceful.

Begin by placing your palms down as a symbolic indication of your desire to turn over any concerns you may have to God.

Inwardly you may pray, "Lord, I give to You my anger towards I release my fear of my assessment this morning. I surrender my anxiety over not having enough money to I release my frustration over trying to find a Part time job." Whatever it is that weighs on your mind or is a concern to you, just say, "palms down." Release it. You may even feel a certain sense of release in your hands.

After several moments of surrender, turn your palms up as a symbol of your desire to receive from the Lord.

Perhaps you will pray silently: "Lord, I would like to receive Your divine love for, Your peace about the assessment, Your patience, Your joy." Whatever you need, say, "palms up".

Having centred down, spend the remaining moments in complete silence.

Do not ask for anything. Allow the Lord to commune with your spirit, to love you. If impressions or directions come, fine; if not, fine.



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