

POSTURE PRAYER | *I Open*

Let's continue on in worship by praying together. I'm going to invite you into a reflective posture prayer with me. And that just means we will use our bodies to also communicate to God what we're saying with our words. If you're comfortable, give it a try, if not, you can just close your eyes and walk through the steps in your mind.

Start by Placing a hand on your forehead

I open my mind today, God

Teach me the wisdom of your upside-down Kingdom

The principles, perspective, and priorities of a God who would lay down his life for love

I open my mind to you

** Place hands on your temples near your eyes*

I open my eyes, Jesus

Eager to see you in the spaces around me – both visible and invisible

Don't let me miss you today

I open my eyes to you

** Place hands on your ears*

I open my ears, Lord

Help me to hear your still small voice,

Help me to quiet the noise that drowns you out – both external noise and internal

Help me to hear what really matters

I open my ears to you

** Open your arms wide, as if to gather up something large*

I open my arms

Would you fill them with those who you want loved, today

May my arms be an extension of yours, to those who need them most

I open my arms to you

** Place a hand over your heart*

I open my heart

Would you heal what still sits broken in here

Forgive me for "bleeding all over those who didn't cut me"

Give me courage to forgive the ones who did, the ones who will

I open my heart to you

** Place your hands on your stomach, wherever you think of as your 'gut'*

I open my spirit

I gladly enter into the place of mystery
Would you move in me, with grace and power
Enabling me to walk by a way I've not yet known

I open my spirit to yours

** Hold both hands open, either on your lap or just low at your side*

I open my whole life to you today, my Lord and my God

May I hold nothing back; May I close nothing off
May I never be the same from this moment forward
Again and again and again

Do in us the work that only you can do, Jesus. In Your name, we pray, Amen