

## POSTURE PRAYER

- Set up a quiet comfortable area for your prayer time. You may wish to have a journal and pen available to record your reflections. Using a floor pillow or an exercise or yoga mat will help make your prayer time more comfortable.
- Begin with a brief prayer asking for insight. You may want to light a candle to symbolize God's presence.
- Follow the same pattern with each posture:
  - Carefully move into the described position.
  - Reflect on what that prayer position is like for you.
    - What comes to mind when you do this?
    - What response or memories or feelings does it trigger?
    - If God were standing in front of you, what would you be saying to God with your posture?
    - In what way do you think God is worshiped through this posture?
- Remain in this posture as long as you wish before moving to the next.

### Suggested postures:

- Posture #1: kneeling
- Posture # 2: prostrate on the ground
- Posture # 3: standing with arms raised above your head, palms facing upward
- Posture #4: seated or standing with arms out in front of you, palms cupped
- Posture #5: standing, arms at side, and bowing every few seconds
- Posture #6: sitting cross legged, arms in your lap or on your knees
- Posture #7: laying on your back, with your arms behind head (as if in a hammock)
- Posture #8: standing with your arms crossed (right palm on left shoulder, left palm on right shoulder)
- Posture #9: standing with feet shoulder width apart, arms outstretched, head back
- Posture #10: standing, seated, or kneeling while making the sign of the cross either on your forehead or from your forehead to your navel to your two shoulders

When you are finished, offer a prayer of thanks for this time with God. Record your reflections about this experience in your prayer journal.