

St James News: Thought for the day – Saturday 22nd August 2020

Different ways of praying 3 – Maggie Marshall

Open Hands

Based on Ideas for Multi- Sensory Prayer by Scripture Union and teaching in a Church School.

‘Love the Lord your God with all your heart and with all your soul and with all your strength’
Deuteronomy 6: 5

‘offer your bodies as living sacrifices’ Romans 12:1

This way of praying is a way of worshipping God with our strength and reminding us to offer our bodies to God in our daily lives.

You can do this at anytime of day, in any place. It has the advantage that it can be done sitting, standing or kneeling down. First get into a comfortable position to pray. It doesn't really matter which of these positions you use.

Put your hands in front of you, one on top of another forming a cup. Think about something that may be worrying you, somebody to pray for, something to praise God for, something to ask God for, or thoughts that have been flying around in your mind etc.

Hold the cup of your hands further away from your body as if you are giving that thing to God

Then open your hands with the palms facing flat or downwards and imagine that thing falling away from you to the floor, or staying in your hand (praise / someone to prayer for etc.).

Turn the palms of your hands upwards and ask the Holy Spirt to come and help you to worship / pray.

These actions can be repeated more than once, depending on different things you want to pray to God.