

## Experimenting With Body Prayers

Some much of who we are, and what motivates us, comes from deep inside our subconscious—and can be very difficult to access. Many people flounder and struggle because there's so much going on inside that has never been addressed. That is not what God wants for us. Proverbs 20:5 says, "The purposes of the human mind are like deep water, but the wise will draw them out." So how do the wise draw out these deep things? The Bible says God stands ready to help us—that God specializes in helping us uncover hidden things (I Corinthians 2:10; Job 12:22), provided we are willing to participate in the process.

Body prayer is one of these most powerful ways God can help us surface deep things in our lives. If practiced regularly, Body Prayers will cause us to be much more aware and emotionally grounded. They will also open whole new ways of communicating our feelings and our praise to God. Here are three examples to experiment with.

### Exercise One: Palms Up/Palms Down Prayer

1. Sit in a comfortable position, either cross-legged on the floor or in a chair with your feet flat on the floor. Hold nothing in your hands. Close your eyes.
2. Without saying a word, place your palms down in front of you or on your lap, symbolizing your desire to release whatever you need to. Pause in that position for 60 seconds. (Say nothing. During this time your mind may be blank or you may get some hunches about what needs to be let go of. If you experience hunches, picture whatever has been called to your mind being released. If you get no hunches, trust that God is removing whatever needs to be removed.)
3. Now turn your palms upward, symbolizing your desire to receive from God whatever you need. Pause in that position for 60 seconds. (Again, say nothing, but be open to any hunches God gives you—or with being completely blank.)
4. Bring your hands together in a folded prayer position. Be still. Sit in God's presence for 60 seconds. During this time, do not relinquish or ask for anything. Just be in God's presence.

### Exercise Two: Body Posture Prayer

1. In the quiet of your room, from a standing or sitting position, assume a posture that captures the essence

of how you feel, letting your posture be a wordless prayer to God about however you're feeling. (Try to allow yourself to assume a posture that is as instinctive as possible, regardless whether you understand yet why you are assuming that posture. Let the Spirit guide.)

2. Hold that position for about 30 seconds, letting it be a nonverbal prayer from you to God.
3. Next talk to God verbally about what you learned from your posture – feelings and ideas that surfaced to your consciousness that might explain the posture you assumed. Say what you want to say to God about that, and then listen for what God might want to say to you.
4. If your posture feels out of alignment with God's best for you, consider what posture would best express how you think God wants you to feel? Assume that posture and hold it for 30 seconds. Let that be a prayer that God will fill you with that new spirit.
5. You can also use pray for others in this way. Simply assume the posture that reflects how you sense that other person is feeling; then move through the foregoing steps, eventually assuming the posture you believe God wants that person to gain.

### Exercise Three: Moving To Music

1. The Bible urges us to dance before the Lord. Psalm 150:4. You don't have to be limber and artistic to do this.
2. Go to a private place and put on some lovely music. You can find plenty of suitable music on YouTube.com. Some examples: *Still* by Hillsong (search for "Still Hillsong" or the video number [FPtZRnQyzSM](#)) or *Ave Maria* (video number [aQVz6vuNq7s](#) or [SsTJU27a1uc](#), among others).
3. Spend a few moments trying to relax.
4. When you feel like it, from a sitting or standing position, start to move to the music, allowing your movements to express your feelings, as a nonverbal prayer. Let your movement/dance be an offering to God. Carry that spirit with you as you move through the day.