

POSTURES OF PRAYER

CHILD'S POSE

Praise: I remember how great God is.
"I praise you,
for I am fearfully and wonderfully made."
(Psalm 139:14)

BOUND CHILD'S POSE

Confession: I confess my sins.
"If we say we have no sin,
we deceive ourselves."
(1 John 1:8)

SEATED BUTTERFLY

Intercession: I pray for others by name.
"The Spirit intercedes for us
with sighs too deep for words."
(Romans 8:26)

SEATED FORWARD FOLD

Petition: I pray for myself.
"I call on you
and you answer me."
(Psalm 86:7)

SEATED TRUNK TWIST (both sides)

Repentance: I give everything to God.
"I am poured out like water;
all my bones are out of joint."
(Psalm 22:14)

EASY POSE ARMS EXTENDED

Thanksgiving: I am thankful.
"O give thanks to God"
(include personal thanksgivings)
(1 Chronicles 16:34)

CORPSE POSE

Contemplation: I listen for God's response.
"Speak, Lord,
for your servant is listening."
(1 Samuel 3:10)

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