

# 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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