

Palms Up/ Palms Down Palms Up



Sit in a comfortable position. Take a few deep breaths and close your eyes.

Place your palms face up on your lap or in front of you and notice what you are filled with in this moment, concerns, distractions, preoccupations.

When you are ready, turn your hands palms down in your lap as a way of symbolizing your desire to release to God your concerns. Pray, "God, I give you (name the specific concern); I release...into your hands today." Pause in silence, as you release your cares into God's hands.

(You may choose to continue a rhythm of palms up/palms down as you continue to release concerns, distractions, cares.)

When you sense your release is complete, turn your palms face up on your lap or in front of you, as a symbol of your desire to receive from God. Ask for what you need. Listen to what God is offering you. You may choose to pray: "God or Spirit, I receive your... (name what gift God is offering you)."

Pause in silence, one to two minutes, as you receive from the Holy.

To end this time, bring your hands together and intertwine your fingers in a prayer position. Spend some time in silence, no need to relinquish or ask for anything. Sit in God's presence, simply allowing God to love you.