

Hands Down –Hands Up Prayer

A spiritual practice of giving our burdens to God

“All great spirituality is about letting go.” – Richard Rohr

To start...

- get in a comfortable sitting position
- Invite the presence of God
- And simply pray with your hands out

Hands Down

- Turn your palms downward in a posture of letting go and releasing things
- Release those things you are trying to control
 - A relationship
 - An outcome
 - An emotion
- Release them and give them to God

Hands Up

- When you are ready, turn your palms upward and now receive from God
 - Receive God’s unconditional love
 - Receive his mercy and compassion
 - Receive his peace

Close in thanksgiving