Spiritual Practice - Surrender it All

NOTES



2nd Sunday of Lent OT Lesson - Genesis 22:1-14
Psalm - 16
NT Lesson - Romans 8:31-39
Gospel - Mark 8:31-38

Palms Down, Palms Up Prayer

Begin by placing your palms down as a symbolic indication of your desire to turn over any concerns you may have to God. Inwardly you may pray, 'Lord, I give to you my anger toward John. I release my fear of my dentist appointment this morning. I surrender my anxiety over not having enough money to pay the bills this month. I release my frustration over trying to find a baby-sitter for tonight.' Whatever it is that weighs on your mind or is a concern to you, just say, 'palms down.' Release it. You may even feel a certain sense of release in your hands. After several moments of surrender, turn your palms up as a symbol of your desire to receive from the Lord. Perhaps you will pray silently: 'Lord, I would like to receive your divine love for John, your peace about the dentist appointment, your patience, your joy.' Whatever you need, you say, 'palms up.' Having centered down, spend the remaining moments in complete silence. Do not ask for anything. Allow the Lord to commune with you, to love you. If impressions or directions come, fine; if not, fine.

Begin by becoming still. Sit comfortably, with your feet flat on the ground and your hands resting comfortably on your lap.

- Gently notice your breathing as you become still.
- Turn your palms down, resting them on your thighs, and allow yourself
 to notice what you are carrying today: a concern, an anxiety or
 something that weighs on your heart and mind.
- As you continue to sit with your palms down, let it be a symbolic indication of your desire to turn over this particular concern to God. Inwardly pray and release your concern.
- When you feel ready to move on, turn your palms up as a symbol of your desire to receive. Articulate that (with or without words) to the One who loves to give generously.
- Continue to sit with your palms up and listen for what God's wants to give freely to you.
- This process can be repeated as you notice other concerns. As you come to the end of this time, relax your posture and give thanks treasure this time with God.

-From Celebrations of Discipline by Richard Foster