

Palms Down, Palms Up Prayer

A Practice of Release, Receive, and Replace

Purpose

The Palms Down, Palms Up Prayer is a straightforward, embodied practice that guides us into the spiritual rhythm of release and receiving—letting go of burdens and opening our hearts to what God longs to give. Through the position of our hands, we align our bodies with the posture of our soul:

- Palms down to release
- Palms up to receive This practice encourages you to slow down, notice what's stirring inside, and experience God's gracious presence.

How to Practice

1. Find a Quiet Space

Choose a peaceful spot where you won't be interrupted. Sit comfortably, feet grounded, and take a few deep breaths to settle your mind.

2. Palms Down – A Posture of Release

- Rest your hands palms down on your lap.
- As you sit in this position, name before God anything you want to release:
bitterness, fear, regret, anxiety, sin, unforgiveness...
- As you name each burden, imagine letting it fall from your hands and placing it at the feet of Jesus.
- Take your time. There's no need to rush this letting go.

3. Palms Up – A Posture of Receiving

- When you're ready, turn your hands palms up.
- With open hands, invite God to fill you with what you need most today:
love, peace, joy, patience, healing, courage, wisdom...
- Linger here. Receive. Rest. Be still in God's presence.

4. Close with Silence or a Simple Amen

You may want to end by saying, "Amen," or simply by sitting quietly, soaking in God's love.

Scripture to Hold Onto

"Cast all your anxiety on Him because He cares for you." — 1 Peter 5:7

"You open Your hand and satisfy the desires of every living thing." — Psalm 145:16

This Week's Invitation

Try incorporating the Palms Down, Palms Up Prayer into your daily rhythm. Begin your morning or end your day with this quiet practice. Allow your body to guide your heart into deeper surrender—and fuller reception—of God's grace.

Let this be a place where your soul meets His gentle presence.