



# Palms down, Hands up

**PURPOSE: TO SEEK TO QUIET SCATTERED THOUGHTS AND DESIRES IN THE STILLNESS OF CHRIST'S PRESENCE**

BEGIN BY PLACING YOUR HANDS DOWN, AS A SYMBOLIC INDICATION OF YOUR DESIRE TO TURN OVER ANY CONCERNS YOU MAY HAVE TO GOD.

INWARDLY, YOU MAY WANT TO PRAY ABOUT YOUR EMOTIONS, FEARS, ANXIETIES, DISAPPOINTMENTS. WHATEVER WEIGHS ON YOUR MIND, OR IS A CONCERN TO YOU, BE SPECIFIC ABOUT THE DETAILS.

SAY 'PALMS DOWN'. RELEASE IT. YOU MAY EVEN FEEL A CERTAIN RELEASE IN YOUR HANDS.

AFTER A FEW MOMENTS, TURN YOUR HANDS UP AS A SYMBOL OF YOUR DESIRE TO RECEIVE FROM THE LORD. WHAT IS IT YOU'RE SEEKING TO RECEIVE FROM HIM? WHATEVER YOU NEED, SAY 'HANDS UP'.

HAVING CENTRED DOWN, SPEND THE NEXT FEW MOMENTS IN COMPLETE SILENCE. DO NOT ASK FOR ANYTHING. ALLOW THE LORD TO TALK TO YOU, TO LOVE YOU.

IF IMPRESSIONS OR DIRECTIONS COME, FINE; IF NOT, THAT'S FINE TOO.

**EXTRACT FROM: SPIRITUAL DISCIPLINES (A. CALHOUN)**