



BIRMINGHAM
VINEYARD

Small Group
PRAYER RESOURCES

Stilling Prayers 1

STILL YOUR BODY BY SITTING IN A COMFORTABLE WAY
WITHOUT LEGS OR ARMS CROSSED IF POSSIBLE.

ALLOW YOURSELF TO FEEL THE PRESSURE POINTS OF WHAT
YOU'RE SITTING ON.

BE AWARE OF YOUR HANDS AT REST, FEET ON THE FLOOR.

NOTICE THE SOUNDS THAT MAY BE COMING FROM
OUTSIDE, THE SOUNDS THAT YOU CAN HEAR INSIDE AND
THEN PAY ATTENTION TO THE AIR YOU BREATHE IN AS IT
PASSES INTO YOUR LUNGS AND AS IT LEAVES.

STAY IN THIS PLACE OF QUIET FOR SOME MINUTES.