



Children-2-Pray: Praying with your body

Did you know that you can worship Jesus with your body as well as with your heart and spirit? Jesus gave you your body and He loves it when you worship Him also with your body. There are many different postures you can take in prayer and the Bible is full of them! Each one is a way of showing Jesus what is in your heart by expressing it in a physical way.

Monday: Kneeling is a way to show Jesus you are entering into His presence and accept that He will answer your prayer in the way that is best for you. It is a physical way to humble yourself before Jesus. *You can kneel down when you have an important prayer request you want to bring before God. You may always kneel when you pray to show honour to Him.*

Tuesday: Standing shows that you are waiting for Him to tell you what to do. You take your position before Him in prayer and wait on Him. *You can ask Him about a problem you are facing, and then wait to listen what He says to you.*

Wednesday: Raising hands shows Jesus that you are reaching towards Him in praise to glorify Him, or asking something with arms open in order to receive it. *You can sing Him a song, telling Him how much you love Him.*

Thursday: Walking shows Jesus that you are ready for His direction or plans. *You can e.g. pray for the school every time you walk into the school building.*

Friday: Bowing shows Jesus that you honour Him and feel humble because He is so wonderful and powerful and supplies in your needs. *You can do this when you want to say thank you to Jesus because of who He is when He has answered one of your prayer requests.*

Weekend: On your face. Whenever someone was overcome by Jesus' presence in Bible times, they would fall down on their faces. It shows Jesus that He is so awesome and that you are overcome by His love for you. *You can do this after you have had your quiet time or prayer time. When lying down, you do not need to do anything but think upon Jesus' greatness in your life.*