



This week practice the Palms Down, Palms Up prayer. Follow the procedures below. Use the Scriptures listed for each day to guide your prayers. You may wish to journal what you released and what you received.

**Palms Down:** Begin this prayer by sitting in a comfortable chair and placing your palms facing down on your legs to symbolize your desire to release your concerns to God. Ask the Holy Spirit to show you what you need to let go. Ask: Is there anything blocking my relationship with Christ? What anxieties have I unconsciously been hanging onto?

**Palms Up:** After you have released your worries, confessed your sins, and unloaded your self-sufficiency, turn your palms up to symbolize your desire to receive from God. Meditate on God's Word and receive His blessings of peace, joy, and love.

day one

**Palms Down Scripture:** Psalm 55:22

**Palms Up Scripture:** Isaiah 26:3

**Journal:**

day two

**Palms Down Scripture:** 1 Peter 5:6-7

**Palms Up Scripture:** John 15:9

**Journal:**

day three

**Palms Down Scripture:** Hebrews 12:1

**Palms Up Scripture:** Jeremiah 31:3

**Journal:**

day four

**Palms Down Scripture:** Psalm 51:3-6

**Palms Up Scripture:** 1 John 1:5-9

**Journal:**

day five

**Palms Down Scripture:** Philippians 4:4-6

**Palms Up Scripture:** Philippians 4:7

**Journal:**