

Posture Prayer

Preparing the Heart

Daily Practice of Submitting to God

The goal of this prayer is to align your heart with what God is doing. You can work this habit into your life by committing to pray through it each morning for one month. During that time, see how the posture of your heart changes and how you can see God moving.

Presentation

Here I am, God.

Presenting our heart to God can move you into a space where you can recognize His presence and invite Him into the very first moments of your day. (Romans 12:12)

Confession

God, I am sorry for trying to do anything on my own.

Recognizing your dependence on Christ will help you to realize that apart from Him, you can do nothing. (John 15:5)

Openness

Lord, I open my heart to you.

Surrendering to God's will helps you to open up to hear His voice. (Psalm 15:1-2)

Awareness

Lord, help me to see you at work.

Asking God to reveal how He is working and moving in your life will help you recognize moments where He is present and active around you.

(Ecc 7: 13-14)

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ADAPTED FROM DR. JOHN COE'S PRAYER OF INTENTIONS