

# Postures of Prayer

This month, I'd like to explore trying something new in our prayer lives. Having a schedule and a routine is a good thing, but sometimes trying something new in prayer can open us up to fresh insights and recharge our prayer lives.

## Postures of Prayer

I've found that changing my physical posture can bring a different atmosphere to prayer. For example, I grew up in a church where we showed reverence to God by kneeling at different times in the service. In the church I now attend, we rarely kneel. But I like both stances. I have also tried other postures.

A stance that I find myself using frequently in my private prayer time is walking. I particularly use this stance when I am praying warfare types of prayers. For example, when I am praying for someone who is straying from God, or maybe for a missionary in a dangerous situation, I just want to get up and move. It seems to give strength to my prayers as I walk around the room. It seems hard for me to sit still when I know there is some serious praying that needs to be done!

So, this week try a different posture and let us know what you think. Pray on!