



PRAYER

PRAISE | LISTEN | ASK

TALK WITH GOD

POSTURE: LEAN IN



Prayer Posture: Lean In

Have you ever noticed that when you're having a great conversation with someone, you tend to lean in? Whether to hear them better, or to express something more clearly, or simply to be closer to the other person, we tend to lean toward the people we love and feel safe around. Sometimes we even lean in for a hug or snuggle up together for a while. And our amazing God wants to have that kind of relationship with you!

Try It

Spend some time today “leaning in” to God in prayer. Find a comfortable place to sit, and lean in physically—you may lean forward in an engaging, conversational manner, or lean back into a pillow, imagining God wrapping His arms around you. Take a few moments to simply enjoy the sensation of leaning toward God. Then talk to Him—praise Him for His presence and providence, listen to His quiet voice, and ask Him anything. He wants to hear from you.