

October Resource - Posture Prayer: Family

Natalie Frisk from the Meeting House is currently working on an Infitum Family Resource. One of the things she has been encouraging people to try out is the posture prayer with their children. Doing that together in the morning before school is a great way of enabling them to be prepared as they try to love God and others in what sometimes can be a hostile place.

You can make up your own prayer with them but it could incorporate:



Surrender

Jesus, I give this day to you, my hopes and fears.



Generosity

Jesus, Help me to be kind and and speak good things about people today.



Mission

Jesus, help me to include other people today

Try it for the month and see what results from it