



KINESTHETIC PRAYER

PALMS DOWN, PALMS UP

A SPIRITUAL PRACTICE GUIDE BY KALEO PHOENIX

READ: MATTHEW 13:1-9, 18-23

- **Palms Down (5 min):**

Later the same day Jesus left the house and sat beside the lake. (Matthew 13:1)

- Imagine yourself sitting next to Jesus as you overlook the lake. Jesus is with you.
- Place your palms down flat on your thighs. **Release** to Jesus anything that comes to mind (sadness, bitterness, unforgiveness, anxiety, etc).

- **Read Matthew 13:1-9**

- If God is the farmer, Jesus is the seed, and the field is the entire world ask the Spirit of God - "What do You want me to know?"

- **Read Matthew 13:18-23**

- "Those on the good ground, he says, are those who simply hear the Word, accept it, and bear fruit: some thirty, some sixty, and some a hundredfold. It's not that they *do* anything, you see; it's that they *don't* do things that get in the Word's way. It's the Word, and the Word alone, that does all the rest." (Robert Farrar Capon)
- "He is not portraying some kind of retaliation by the Word against people who fail to make the best response; rather, he is almost wistfully portraying what we miss when we fall short and fail to bear fruit." (Robert Farrar Capon)

- **Palms Up (5 min):**

- Meet with Jesus again beside the lake. Jesus is with you.
- Place your palms up, flat on your thighs. **Receive** from Jesus anything that comes to mind from His Spirit (it likely you will be prepared to receive that which replaces what you earlier released).

