
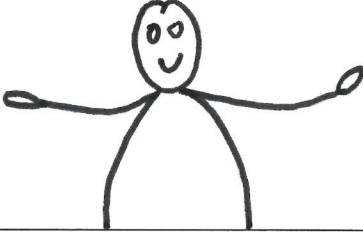

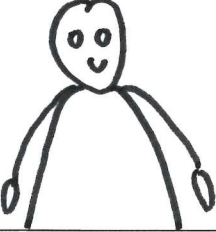
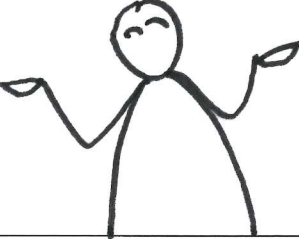



This Active prayer is a way of helping all ages focus on different aspects of prayer and also give God space to respond. As people become more familiar with the process you can extend the time of silence in each stage (although beware of making people's arms ache too much!). It might be helpful to do the whole prayer two or three times using the explanations for the first time, less words the second, and just one or two words the third.

	<p>The Position of humility Standing in the presence of our awesome God we recognise that he is almighty and yet knows us as his child</p>
	<p>Wow! We welcome the new day and relish with grateful hearts the wonder of God's creation and gifts to us</p>
	<p>Goodbye Say goodbye to all the things that get in the way of your friendship with God: burdens that you might be carrying; things that you might need to say sorry for; things that have made your cross but you are unable to let go of.</p>
	<p>Right here, right now Acknowledge that God has a plan for you and has placed you in this place in this moment. Stand in obedience and readiness to do what he asks of you today</p>
	<p>Please Lift to God all the people that you love and care about, or situations that you are concerned or worried about, asking him to look after them, or make things better</p>
	<p>Amen Thank God for listening and speaking to you</p>