

Posture

OASIS: A Self-Guided Prayer

*1 O LORD, my heart is not lifted up;
my eyes are not raised too high;
I do not occupy myself with things
too great and too marvelous for me.
2 But I have calmed and quieted my soul,
like a weaned child with its mother;
like a weaned child is my soul within me.
3 O Israel, hope in the LORD
from this time forth and forevermore.
Psalm 131*

The best thing to ask for in prayer is to be with the Lord remarks Emilie Griffin in her book *Clinging: The Experience of Prayer*. This is a beautiful place to begin in prayer, asking to be with the Lord. We spend so much of our time thinking and doing or worrying about what we are not doing, or thinking we should be doing more, that we do not spend time with the Lord or even ask to be with Him.

Take a moment to ask the Lord to be with you.

There is no agenda here. This time is for you and the Lord. Follow His leading during this time.

Psalm 131 is a beautiful example of a person who is seeking the Lord's presence and shares with us postures that might be helpful in our time with the Lord. If you feel stuck and need some guidance, try reading through the following postures. Meditate on each phrase. Read through each one slowly several times and let the Lord guide your thoughts. You might get distracted with a "to do" item, feel free to write it down and then go back to meditating.

Physical posture and heart posture—*O Lord, my heart is not lifted up; my eyes are not raised too high...*

Envision your heart humbled and your eyes low. If you want to physically express this, feel free to go to the kneeling altar up front or simply kneel in your pew. You may also bow your head as you feel the physical humbling to the Lord.

Mental posture—*I do not occupy myself with things too great and too marvelous for me...* Empty your mind of the things that are nagging at you. Do you need to write out a list of "to do" items? Feel free to do so to free up your mind and then come back to this prayer. Offer up this time to the Lord, free of the agenda and full of His presence. If your brain wanders, that's normal and natural. As you realize it is wandering gently come back to this Psalm and open yourself up to the Lord's presence once again.

Soul Posture—*But I have calmed and quieted my soul...* Ask God to help quiet and calm your soul. This takes practice. Try sitting in the Lord's presence while you are calm and quiet. Enjoy time with Him. He may say something, or He may just sit with you. However the time goes let the Lord lead you.

Thank you Lord for your presence in our lives and for wanting to sit with us. We invite you in to our space this day and into our minds and hearts. Fill us with Your Presence that we may only see You. May everything else in our day fade away. We want to see Your face, Lord. Thank you for loving us. We welcome You here.