

Daily Prayer.

One way of beginning your day is to use the hand postures that are shown in our icons.

Hold your hands in these specific positions/postures to mirror your intention to live these vows out today.

Surrender Hands Up



I choose to hold my hand up as a symbol of surrender.
My life is not about me.
I surrender to your Lordship.
I surrender my preferences, prejudices and position to you.
I surrender my fears, finances, friends and family to you.

Generosity Hands Open



I choose to hold my hands out open as a symbol of generosity.
What I have is not mine.
I am only a steward of all that you have given me.
I want to mirror the way that you opened your hand to us and lavished your love and life upon us.
I want to live an open handed life in a closed fist culture.

Mission Hands Forward



I choose to hold my hands forward as a symbol of mission.
I want to live for something greater than me.
I want to embrace your kingdom mission.
I want to embrace and welcome your mission.
To the lost, last, least and lonely.
To the poor, powerless, privileged and persecuted.