



Prayer of Release

The following is one way to pray to invite God to lead us in releasing burdens. Oftentimes, we carry things that are not our responsibility or worry about things we should entrust to God through prayer. Asking the Holy Spirit to show us what to release, or release for now, frees us to receive what God has for us at this time.

Palms Down

- Turn the palms of your hands down, facing the ground.
- Pray: *Holy Spirit, come and show me what I need to release, or release for now, to make space for what you have for me?*
- Wait in silence. Often the first thing that comes to mind is the stirring of the Holy Spirit.
Note:
 - The Holy Spirit consoles and convicts but does not shame
 - The Holy Spirit may surprise you but will not contradict Scripture or Church Teaching
- Picture releasing your grasp on the thing God invited you to release. Sometimes it helps to picture placing that thing in Jesus's hands or at the foot of the cross to be assured the God will look after this person or thing.
- After you have taken sufficient time to release, turn your palms up to receive.

Palms up

- Turn your hands up toward heaven.
- Releasing burdens makes more space for what God has for you.
- Pray: *Holy Spirit, come and show me what would you like to give me.*
- Wait in silence. Again, often the first thing that comes to mind may be a gift, such as peace, God would like for you to receive.
- Thank God for his faithfulness to care for us and for the gifts given.

Cast all your anxiety on him, because he cares for you. 1 Peter 5:7

Therefore, I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? Matthew 6:25-26

Do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today. Matthew 6:34