

Daily Prayer—Confession Version

From—To (a process and a confession)

If you are using the hand postures as a way to help you position your intention towards an Infinitum Life then you might find this process of “from and to” really helpful.



From Fists up to Hands Up

Lord I confess that I spend too much time defending and fighting my position, my attitudes, my opinions and my behaviour.

I confess that I often fight against you—your plans and your will.

I confess that these hands do not reflect how you lived, and how I have experienced you.

Instead I choose to hold my hands up. I surrender all I have to you today

I choose surrender



From Hands Clenched to Hands Open

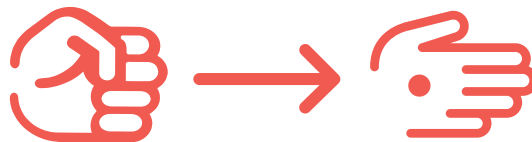
Lord I confess | spend too much time desperately trying to hold onto what I believe to be mine.

I confess that I am fooled into thinking that I am defined by what I have and what I do.

I confess that these hands do not reflect how you lived, and how I have experienced you.

Instead I choose to hold my hands open. I choose to receive from you and give to others today.

I choose generosity



From Arms Folded to Arms Open

Lord I confess that I spend too much time preoccupied with my own issues.

I confess my cynicism, entrenchment and entitlement.

I confess that these hands do not reflect how you lived, and how I have experienced you.

Instead I choose openness to your ways and your mission. I choose to embrace the adventure you call me into.

I choose mission.