



PRAYER LIFE | The Palms Route

1. Fold a sheet of blank paper lengthwise, dividing the sheet into two vertical columns.
2. Write “Palms Down” at the top of the left-hand column. Under that column, identify each worry you want to give away to God. Write out a sentence or two about each concern, telling God you want Him to take it from you.
3. Write “Palms Up” at the top of the right-hand column. Under that column, opposite each concern, write what you would like to receive from God to take its place.
4. Take a position in which you are comfortable in talking to God. You can sit in your favorite chair, with your hands resting on your lap, or kneel in a quiet spot, with your hands on your bed or a chair.
5. Pray your prayer aloud to God, first the “Palms Down” column, then the “Palms Up” column [hold your hands in the matching position].
6. Sit for a while in complete silence. Allow God to speak to you if He so chooses, bringing to your mind texts, the words of a song, or something He wants you to do.
7. Make a written note of any impressions that come to you during this quiet time of listening and waiting before Him. You may want to use a different-colored pen or pencil to write in notes beside each concern as you see God working on your behalf.
8. Lay one hand on a sheet of paper. Trace around your thumb and fingers. Cut out the drawing you have made. On one side write a Palms Down prayer. Turn it over and write your Palms Up petition. Place it in your Bible. Pray your Palms Down, Palms Up prayer daily until the answer comes.
9. Use your hands during the day in quick prayers for help in situations that arise. Place your palms down for a brief moment as you silently pray, “Lord, take this feeling [anger, frustration, worry, fear, jealousy, etc.] from me.” Then quickly turn your hands up, again praying silently, “In its place, Lord, please give me Your [peace, love, understanding, trust, calmness, etc.]”
10. Try a Palms Down, Palms Up prayer when you can’t sleep at night. Let your arms go limp on the mattress in a palms-down position. Try to imagine Jesus reaching down to take each burden as you hand it over to Him. Then turn your palms up and imagine Him putting blessings of peace, trust, and quiet sleep into your open palms.

Source: Dorothy Eaton Watts, *Prayer Country: A Tour Guide to the Wonders of Prayer*. Pacific Press Publishing Association, Boise, Idaho, 1993.