

Worship Postures

Adapted from pages 276-277 of *Spiritual Disciplines Handbook* by Adele Ahlberg Calhoun. First edition copyright (c) 2005 by Adele Ahlberg Calhoun. Used by permission of InterVarsity Press, Downers Grove, IL. www.ivpress.com

- Use your body and heart as you worship. You could listen to music such as “’Tis So Sweet to Trust in Jesus” (Casting Crowns), or a song of your choice. If you are in a difficult season, consider listening to “Praise You in this Storm” (also Casting Crowns). Another option is to read a scripture. If you have a scripture you are engaged with, feel free to use it, or bring back an old favorite like Palm 23.
- Choose one or more worshipful positions for your song or verse. One good worship position is “child’s pose,” often used in yoga.



Other positions to consider include:

- Standing – honoring God and giving him your full attention.
- Hands in prayer position over the center of your chest – expressing adoration.
- Wrap arms around yourself – experiencing the embrace and delight of God.
- Outstretched arms or arms lifted – bringing your awareness to and opening the core of your body toward God.
- Uplifted eyes – drawing your attention towards heaven’s realities, not your own.
- One hand on chest, the other raised with open palm – demonstrating your heart connection to God.

- Kneeling – expressing humility and reverence.
- Prostrate (lying face down or bowing low) – showing submission and obedient worship.

More opportunities:

- For more ideas, explore *Praying with the Body* by Roy DeLeon, Paraclete Press, 2009.
- Would you like to experience more lively worship using your body? Try *Worshiping with Song and Dance*.

'Tis so Sweet to Trust in Jesus, Casting Crowns

'Tis so sweet to trust in Jesus,
Just to take Him at His Word
Just to rest upon His promise,
Just to know, "Thus saith the Lord!"

Jesus, Jesus, how I trust Him!
How I've proved Him o'er and o'er
Jesus, Jesus, precious Jesus!
Oh, for grace to trust Him more!

I'm so glad I learned to trust Him,
Precious Jesus, Savior, Friend
And I know that He is with me,
Will be with me to the end.

Oh, how sweet to trust in Jesus,
Just to trust His cleansing blood
And in simple faith to plunge me
'Neath the healing, cleansing flood!

Yes, 'tis sweet to trust in Jesus,
Just from sin and self to cease
Just from Jesus simply taking
Life and rest, and joy and peace.

Praise You in this Storm, Casting Crowns

I was sure by now
God You would have reached down
And wiped our tears away
Stepped in and saved the day
But once again, I say "Amen", and it's still raining

But as the thunder rolls
I barely hear Your whisper through the rain
"I'm with you"
And as Your mercy falls
I raise my hands and praise the God who gives
And takes away

Chorus:
I'll praise You in this storm
And I will lift my hands
For You are who You are
No matter where I am
Every tear I've cried
You hold in Your hand
You never left my side
And though my heart is torn
I will praise You in this storm