

Postures of Prayer

Based on “Stretch and Pray” by Bishop Murray Finck, ELCA

Presented at Midwinter Power in the Spirit, Feb. 1, 2021
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Psalm 31:2-3

Turn your ear to listen to me.
Rescue me.

Be my rock of protection,
a fortress where I will be safe.

St. Peter's Lutheran Church [youtube video](#)

Psalm 91

Whoever dwells in the shelter of the
Most High will rest in the shadow of
the Almighty;
He will cover you with his feathers,
and under his wings you will find
refuge.

St. Peter's Lutheran Church [youtube video](#)

Psalm 16:8-9

I keep the Lord always before,
therefore my heart is glad and
my soul rejoices.

St. Peter's Lutheran Church [youtubevideo](#)

Psalm 138:2

Standing if possible

I bow down toward your holy temple
and give thanks to your name for
your steadfast love and faithfulness.

St. Peter's Lutheran Church [youtube video](#)

Psalm 51:10

Create in me a clean heart, O
God, and renew a right spirit
within me.

St. Peter's Lutheran Church [youtube video](#)

Psalm 19:14

May the words of my mouth and
the meditation of my heart be
acceptable to you, my rock and my
redeemer.

St. Peter's Lutheran Church [youtube video](#)

Additional Resources

- Bishop Murray Finck – author of “Stretch and Pray” book and video. You can find a youtube video [here](#). These might need to be modified for those who are new to stretching! Don’t overdo any pose!
- St. Peter’s Lutheran Church, Lancaster, PA – the [videos](#) I used to tutor me for the Power in the Spirit workshop are linked to each Psalm.
- [Chair Yoga Stretches](#) – many of which were used in the workshop
- Remember, you’re welcome to use any of your cherished bible verses or hymn verses/phrases to guide your stretching and praying. These are just a few suggested models of combining healthy, gentle stretches with our daily prayers.