



Cultivating RE-CREATION

Soaking Prayer

Taken from the Upper Room (Prayer Practices for Disciples: Creating a Life With God)

Find the Prayer Practice [HERE](#).

A soaking prayer invites you to rest in God's love simply.

Soaking prayer is not a time for intensive intercessory prayer or Bible study. Lay aside all of that for another day. It is a time of prayerful rest and relaxation, so find a comfortable chair, a hammock, a bed, or place a blanket on the ground.

Play peaceful worship music to help quieten your soul and bring your heart closer to God. Soaking prayer can last as long as you need, from fifteen minutes to an hour or more. If you feel exhausted, let this be your only form of prayer for a while.

Try It Out:

- Be aware of the warmth of God's love surrounding you. Imagine yourself in a refreshing pool of water or lying on the beach with ocean waves washing over you.
 - Visualize a tree gently swaying in the breeze. Allow yourself to slowly rock from side to side, as if you were being cradled.
 - Lie still and let God's light seep gently into every part of your body, just as water soaks into a sponge. Recognize that God's presence fills your entire being.
- Experiencing God's presence helps us love the Lord with all our heart, mind, and soul.