



Girls in Prayer
Prayer Posture Cards

Sing

*Sing a new song to the LORD.
All you people of the earth,
sing to the LORD.*

Psalm 96:1 (NIRV)

Stand

*My feet stand on level ground.
In the whole community
I will praise the Lord.*

Psalm 16:12 (NIRV)

Speak

*Lord, open my lips
so that I can speak.
Then my mouth will praise you.*

Psalm 51:15 (NIRV)

Kneel

*Come, let us bow down
and worship him.
Let us fall on our knees
in front of the LORD our Maker.*

Psalm 95:6 (NIRV)

Lift Up

*Lift up your hands in the temple
and praise the LORD.*

Psalm 134:2 (NIRV)

Look Up

*I look up and pray to you.
Your throne is in heaven.*

Psalm 123:1 (NIRV)

Together

*How good and pleasant it is
when God's people live together
in peace!*

Psalm 133:1 (NIRV)

Face Down

*I am bent over.
I've been brought very low.
All day long I go around weeping.*

Psalm 38:6 (NIRV)