



## Consequence: Palm Prayer

Using the 'Palms' of our hands we are going to pray in a couple of different ways...

You can join in on as many or as few of these as you feel are the things you want to pray to God about today. We are going to Praise Jesus – cheering for him like the crowd. We are going to show Jesus that we are willing to let go of the things that are wrong, or hurt us or other people. We are going to be ready for Jesus giving us a new start. And we are going to ask Jesus to help those who need help.

### We have some actions to help us do this:

1. Arms raised and palms to the sky: say **"We praise you Jesus"**.
2. Arms in front of you, palms facing down to the ground: say **"Jesus I lay down my pride, sin, anger, selfishness..."** (*anything else you want to add...*)
3. Turn your palms upward in front of you: say **"Jesus I receive your forgiveness, grace and love."**
4. Palms out to 'Hi five' a friend: say **"Jesus please strengthen my friend"**.

