

Holy Week Heart Bow

A quiet bow of the body is a quiet bow of the heart to God



"Father, into your hands I commend my spirit".
Luke 23:46

Breath Prayer:
Inhale: "Jesus, I trust in you"
Exhale: "I place my life in your hands"

essejaeyogakdfnp.blog

Holy Week Surrender Lunge

Arms and chest lifted in trust, surrendered in grace



"Not my will, but yours be done". Luke 22:42

Breathe Prayer:
Inhale: "Into your will"
Exhale: "I surrender"

essejaeyogakdfnp.blog

Holy Week Servent Reach

Stretch yourself in humiliiy, love, and offering.



"The Son of Man came not to be served, but to serve".
Mark 10:45

Breathe Prayer:
Inhale: "Teach me to serve"
Exhale: "With love"

essejaeyogakdfnp.blog

Holy Week Humble Child

Fold forward in humility and rest in God's presence.



"Be still, and know that I am God". Psalm 46:10

Breathe Prayer:
Inhale: "Be still"
Exhale: "And Know"

essejaeyogakdfnp.blog

Holy Week Rising Mercy

Lift your heart to the hope that promised in Christ.



"His mercies are new every morning".
Lamentations 3:23

Breathe Prayer:
Inhale: "You restore me"
Exhale: "I am made new"

essejaeyogakdfnp.blog

Holy Week Garden Watcher

Stand strong and steady like a tree.



“Watch and Pray”. Mark 26:41

Breathe Prayer:

Inhale: “You are my strength”

Exhale: “I will not sway”

essejaeyogakdfnp.blog

Holy Week Open Heart

Open the heart, fearlessly to God's love.



"Above all, love each other deeply". 1 Peter 4:8

Breathe Prayer:

Inhale: "Fill my heart with your love"

Exhale: "Help me share it freely"

essejaeyogakdfnp.blog