When you first learned to PRAY, you probably were taught to fold your hands, bow your head, or kneel. The position in which you put your body can add to or take away from PRAYING. Try PRAYING while sitting down and placing your open hands over your heart. Now try PRAYING while standing with your arms stretched up to the sky. Hold each position for one minute and end with an "Amen."

What did it feel like to pray in both of those positions? What other positions can you think of that might add to your praying?