

# **SPIRITUALITY CENTERS**

**Psalm 139:1-2**

**O Lord, you have searched me and known me. You know when I sit down and when I rise up; you discern my thoughts from far away.**

**Body Prayer – Commune with God through movement**

- 1. Begin in Prayer position**
- 2. Bring arms upward and receive God's love**
- 3. Bring arms down and around yourself, letting the love fill and hold you**
- 4. Spread arms outward, sharing that love with the world**

**Psalm 139:3**

**You search out my path and my lying down, and are acquainted with all my ways.**

**The Labyrinth**

**Psalm 139:4**

**Even before a word is on my tongue, O Lord, you know it completely.**

**Take a moment and write freely. Write a prayer, your thoughts, or questions for God. Consider the provided questions when you are finished.**

**God knew these thoughts before you wrote them down . . . What does that mean? How does that feel?**

**Psalm 139:5-6**

**You hem me in, behind and before, and lay your hand upon me. Such knowledge is too wonderful for me; it is so high that I cannot attain it.**

## **CREATE**

**Get your hands dirty in the clay!**

**Before making anything with your clay, begin by working the clay with your hands. Notice it's coolness and texture. Don't try to make anything yet; just pay attention to the clay itself.**

### **Psalm 139:7-10**

**Where can I go from your spirit? Or**

**where can I flee from your presence? If I ascend to heaven, you are there; if I make my bed in Sheol, you are there. If I take the wings of the morning and settle at the farthest limits of the sea, even there your hand shall lead me, and your right hand shall hold me fast.**

**Find a picture that is symbolic of some moment in your lifetime. Place a glass bead there. Where was God in that situation? How did you sense God's Presence?**

### **Psalm 139:11-12**

**If I say, "Surely the darkness shall cover me, and the light around me become night," even the darkness is not dark to you; the night is as bright as the day, for darkness is as light to you.**

**Using the watercolors or colored pencils draw a picture that helps you to relate to this scripture.**

### **Psalm 139:13-14**

**For it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well.**

**Choose a piece of yarn. This one piece of yarn represents you. Pick a color for self and a length that matches who you are. Weave it into the picture that represents our community, the community that God has knit together.**

**Psalm 139:15-16**

My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes beheld my unformed substance. In your book were written all the days that were formed for me, when none of them as yet existed.

**Take a pocket calendar. Write one the name of people you will pray for each day!**

**Psalm 139:17-18**

How weighty to me are your thoughts, O God! How vast is the sum of them! I try to count them—they are more than the sand; I come to the end —I am still with you.

**Add your own! Whatever you find beautiful, inspiring, interesting . . . . . cut out the picture and place on the wall.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri.	Saturday

**Pocket Prayer Calendar**

I lift up my eyes to the hills— from where will my help come? Psalm 121:1

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