

Soaking prayer

A soaking prayer is allowing ourselves to simply rest in God's love. When using soaking prayer, it is not a time for intensive prayer or reading. Lay aside all of that for another day. Find a place to rest and relax—a comfortable chair, a hammock, a bed, or on the ground. Playing peaceful worship music may help you quiet your soul and to bring you closer to God's heart.

Try it!

Be aware of the warmth of God's love surrounding you. Imagine yourself in a refreshing pool of water or lying on the beach with ocean waves washing over you. Another image you may want to use is of a tree gently swaying in the breeze. Allow yourself to slowly rock from side to side, as if you were being cradled.

Or lie still and let God's light seep gently into every part of your body, as water soaks into a sponge. Recognize that it is God's presence that fills your entire being. Experiencing God's presence helps us to love the Lord with all our heart, mind, and soul.

Soaking prayer can last as long as you need, from fifteen minutes to an hour or more. If you are feeling exhausted or ill, let this be your only form of prayer for a while.

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