

## Letting Go Prayer Exercise

Compiled by Aimee Rasmussen

Colossians 1:15-20 This is who we are releasing to.....(many passages would work well here)

Leader/Guide (or Personal Prayer):

God, we hold so many heavy things in our lives.  
We hold words, we hold people, we hold circumstances.  
We hold many things, God, that are valuable—and at times, hurtful.

(Clench your fists tightly and notice the tension.)

Right now, as I clench my fists as tight as I can,  
I feel what it is to hold on to all these things.  
God, would you bring to mind the people I hold on to?  
Would you bring to mind the circumstances I hold on to?  
Would you bring to mind any words that have been spoken to me  
that are hurtful and become a burden?

God, we hold all these things before you.  
We notice what it feels like to have our hands clenched and tight—  
fingernails pressing into our palms,  
fingers beginning to ache as we hold so tightly.

(Begin slowly opening your hands.)

God, we want to start to release our hands  
to signify what it feels like to release  
the people, words, and circumstances we've been carrying.

And as we release these things, we notice two truths:

1. Your hands are here to catch them.  
All these people, circumstances, and words—  
you hold them, you care for them, you carry them.
2. Our bodies remind us of the strain of holding on.  
The ache in our palms, the tension in our arms,  
even the weight on our shoulders—  
all showing us we were never meant to carry such burdens.

We are grateful, God, to release them into your care.

(Turn your palms upward to the heavens.)

Now that your hands are free from everything that you carry and God holds all that you both love and are wanting to release, we now turn our palms up to the heavens so that we can receive and be resourced by God and all his characteristics—all the fruits of the Spirit.

It is with our palms up before the Lord that we ask him to fill us with his love, his peace, his joy, his patience, his kindness, his strength—anything else that you know you need from God. All the ways that you pray to be resourced by him.

Pause for a few moments to receive from the Lord.