

LAYING ON OF HANDS

Time: Variable

Laying on of my hands – 2 *TIMOTHY* 1:6

RESOURCES

- Paper per participant
- Markers
- Butcher paper on tables or walls
- Background music
- Laying on of Hands handout
(download at www.ignite.rosedalemedia.org)

BACKSTORY

Science has confirmed that people need to be touched. Newborns need touch to thrive. Touch helps to heal the body and the emotions. Touch comforts the dying. Hands commit terrible violence; hands can also bring powerful good.

PROCEDURES

This exercise can be completed throughout an event, such as a weekend retreat over a period of hours or days. Instruct participants to use the Laying on of Hands handout as their guide.

1. Exercise 1: Hand Postures

- Write the word "Thanksgiving" on your paper. Think of your hands raised to God in thanksgiving. For the next minute, list what makes you thankful.
- Write the word "Petition" on your paper. Think of your hands clasped in pleading petition to God. For the next minute, list what makes you plead.

GROUP PRAYERS / ADULT/YOUTH / PRAYING WITH THEMES

- Write the word “Releasing” on your paper. Think of your hands in an open position before God. For the next minute, list what you need to release to God.
 - Review your lists. Star the prayers you would like to share with the group in the next exercise.
2. **Exercise 2: Sharing**
- Write your prayers on the butcher paper. Each should be written within the approximate size of an index card with your name and enough detail so that people can pray intelligently
3. **Exercise 3: Laying on Hands I**
- As you read the prayers of others, prayerfully place your hand on the prayers and trace your hand with a marker.
4. **Exercise 4: Laying on Hands II**
- As appropriate throughout the event, place your hand on people’s shoulders and pray with them about what they wrote.