

YogaXoga LLC
Christ-Centered Affirmation: Prayer

Releasing all tightness and tension. Releasing all control.
Releasing all thoughts, plans and worries and taking refuge in the Lord.
Letting the Holy Spirit give us a sense of peace.
Taking this hour to let go and allowing yourself to be still and know that He is
God.

Ps 17:6-9 I call on you, O God, for you will answer me; give ear to me and hear my prayer. Show the wonder of your great love, you who save by your right hand those who take refuge in you from their foes. Keep me as the apple of your eye; hide me in the shadow of your wings from the wicked who assail me, from my mortal enemies who surround me.

Mark 11:24-25 Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins."

Rom 12:12-13 Be joyful in hope, patient in affliction, faithful in prayer.

Phil 4:4-7

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Col 4:2

Devote yourselves to prayer, being watchful and thankful.

1 Thess 5:16-18

Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.

Jude 20-21

But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit. Keep yourselves in God's love as you wait for the mercy of our Lord Jesus Christ to bring you to eternal life.

Be still and know that (He is) God. Ps 46:10