

## Easter 2022- Pausing in the Middle

- Psalm 143:6 says, 'I spread out my hands to you; I thirst for you like a parched land. *Selah*'.
- Complete these acrostics of the words PAUSE and SELAH for the emotions and circumstances you are experiencing today.
- Pause for prayer, being open to a deepening of your relationship with God, symbolised by praying with open hands.

