

# Gripping Hands

Stand with your hands palms up and clench them tight in a fist. As you squeeze tight, imagine all the pressures, worries, and tensions that you hold on to are flowing through your hands. These are the things that you know you need God to have control over in your life.

When you are ready, turn your hands, still closed in a fist, over so that they are facing down. Now, imagine God's hands underneath yours and slowly open your hands so that all of those things you are holding on to fall into God's hands.

Once your hands are open, turn your hands so they are palms up and ask God's Spirit to fill you afresh. Feel free to repeat this as many times as you need to. Also, remember to use this process in your life after Youth Strike when you have situations that you need God to take control of.