

Movement
Body, Mind, & Soul

We often think of movement as going on a hike, participating in sports, lifting weights, swimming laps, doing Pilates, performing yoga, or dancing. Movement is inherent in everything. By God's breath we all have life and movement. ***For in him we live and move and have our being ...*** (Acts 17:28)

Laughter, anger, and grief move us body, mind, and soul. Worship, reading Scripture, and prayer are movements of faith.

DEFINITION OF MOVEMENT

Movement can be defined as:

1. Changing place, posture, or position
   - rising out of bed, going for a walk, stretching, smiling
2. Actions or activity
   - hands folded in prayer, handshake, writing a note
3. A tendency or trend
   - daily devotional, 20-minutes of movement 3 times a week
4. The rhythmic quality of music and language
   - reading poetry or a good book, inspirational music
5. Automatic and semi-automatic movements
   - digestion, respiration, blinking, swallowing, or moving the bowels

VITAMINS FOR THE SOUL

Breath prayers are like vitamins for the soul, and our hearts and minds are drawn to Jesus with every breath nourishing us in mysterious ways.

Inhale: *The breath of the almighty...* **Exhale:** *gives me life.* (Job 33:4)

Inhale: *You are the Potter...* **Exhale:** *I am the clay.* (Isaiah 64:8)

Inhale: *...keep in step...* **Exhale:** *with the Spirit.* (Galatians 5:25)

Inhale: *Walk in the way...* **Exhale:** *of love.* (Ephesians 5:2)

Inhale: *The Lord goes before me...* **Exhale:** *He will be with me.* (Deuteronomy 31:8)

Prayers For Movement
in Body, Mind, & Soul

A PRAYER OF GRATITUDE

Lord, I am grateful for the body You've given me despite its challenges. Thank You for the ability to move, breathe, and experience joy. My heart overflows with thanksgiving for Your unconditional and unwavering love. Amen.

PRAYER FOR ENDURANCE

Dear Lord, I sometimes struggle to keep going. Please grant me the endurance and determination to persevere, especially when my body feels weak and my spirit wavers. Help me lean into Your strength. Thank You for the promise of eternity when there will be no more obstacles in body, mind, or spirit. Amen.

PRAYER FOR PATIENCE

Dear God, I ask for the gift of patience in a world of instant gratification. Please help me understand that my progress may be gradual but that each step forward is a victory. Grant me the patience to appreciate each small improvement. Amen.

PRAYER FOR BALANCE

Heavenly Father, help me find equilibrium between movement and rest. Please show me how to wisely prioritize self-care and teach me to discover the joy of movement, however great or small in body, mind, and spirit. Amen.

PRAYER WHEN IN DOUBT

Heavenly Father, remind me to be grateful for everyday movements when I face doubt or fatigue. Although sometimes I take for granted things like getting out of bed, rising from a chair, walking to the kitchen, sending an encouraging text, or making a simple meal, I am grateful, Lord. Amen.

PRAYER FOR KINDNESS TO SELF

Dear Lord, teach me to view my body with kindness and appreciation, knowing it is a temple of Your Spirit. Protect me from negative self-talk and comparison and help me focus on the purpose and worth I have in You. Amen.