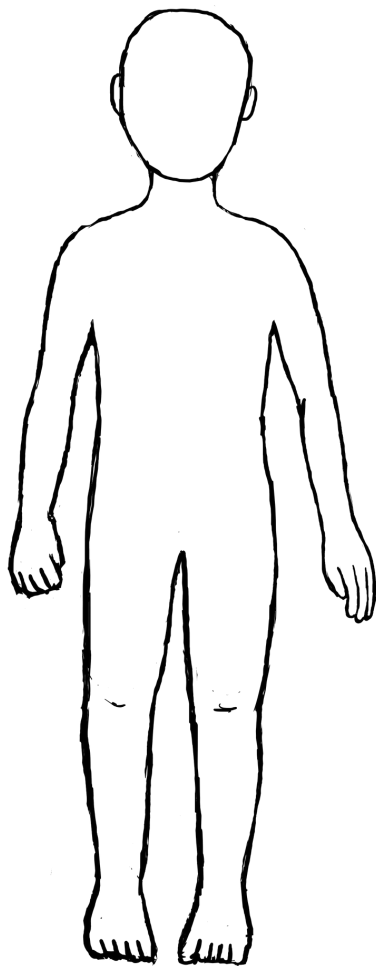


Praying with the Body

Use this as a map to help you notice your body better.

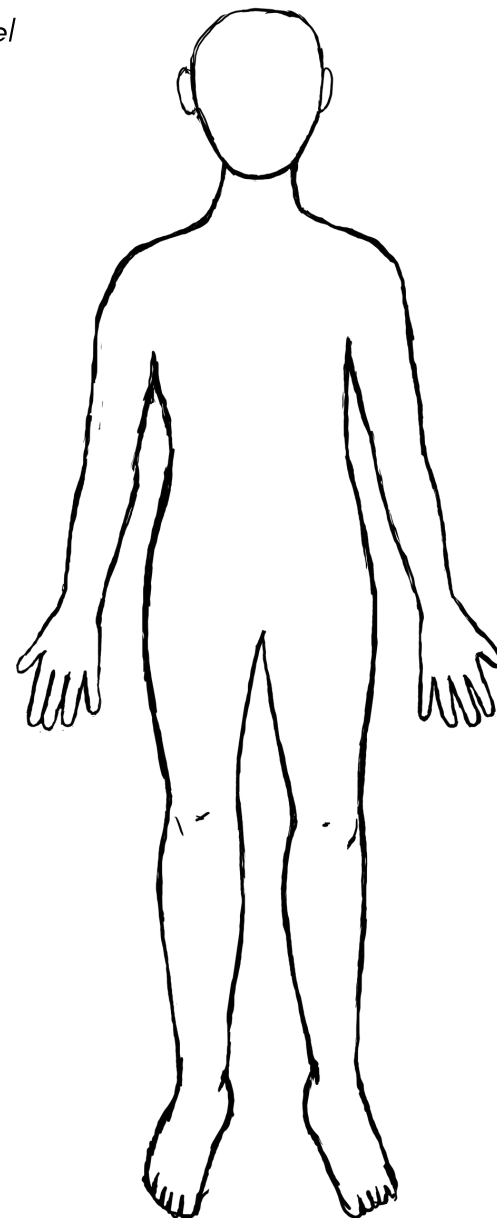
Where do you feel sensation
in your body?

top of your head?
face?
eyes?
ears?
lips?
jaw?
throat?
neck?
shoulders?
biceps?
forearms?
wrists?
hands?
fingertips?
chest?
stomach?
back?
hips?
thighs?
knees?
calves?
toes?
soles of the feet?



What sensations do you feel
in your body?

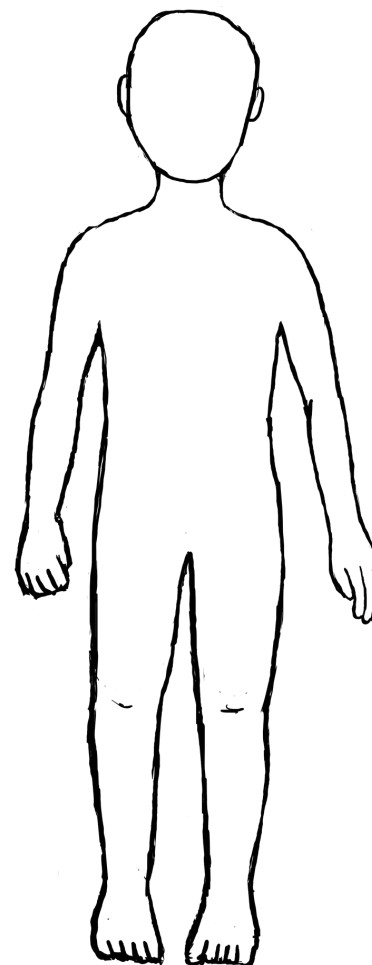
tinkling?
numb?
twitchy?
heat or warmth?
cold?
shivers?
pain?
tension?
soft?
clenched?
release?
strain?
tight?
sore?
itchy?
pounding?
radiating?
heavy?
open?
light?
sweaty?
relaxed?
floating?
contracted?

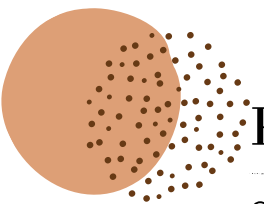




Praying with the Body

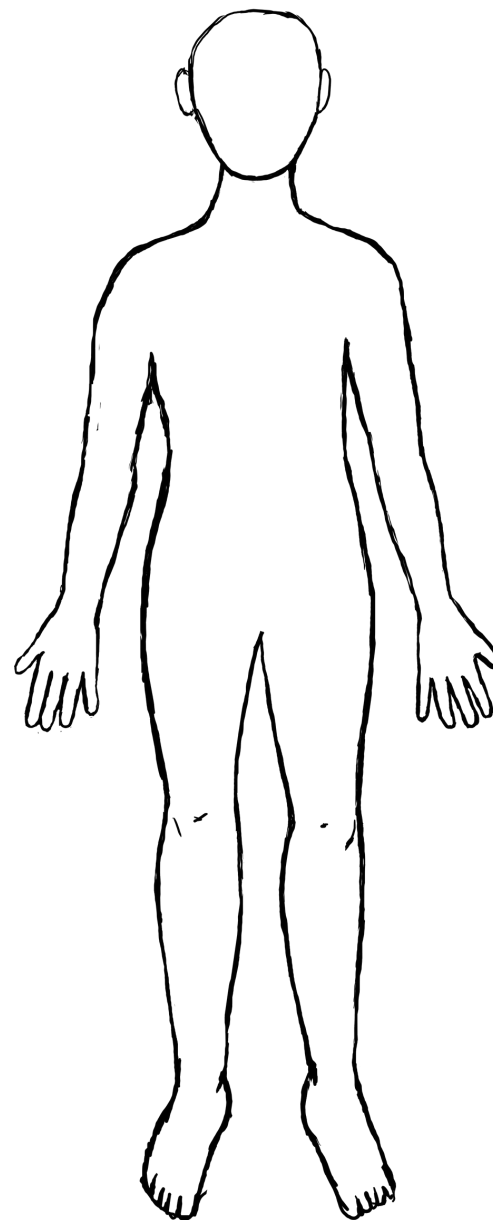
Color, draw or write about what you feel in your body.
God loves every bit of you. Your body is precious to him.
Listen and talk with God about how your body feels.



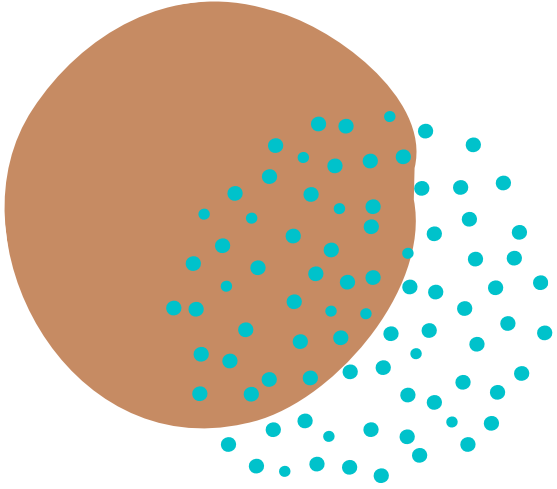


Praying with the Body

Color, draw or write about your felt-senses in your body.
What is God showing to you through your body?
How do you want to respond to his invitation?



Breath Prayers



Lord Jesus, (breathe in)
have mercy (breathe out).

Spirit of God, guide me.

Father God, help me.

Holy one, heal me.

Savior of the world, help.

My God loves me.

Come Holy Spirit, Come.

God is with me, I am safe.

Speak to me, I am listening.

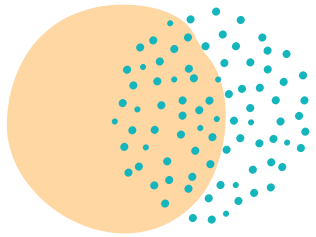
You are the Good Shepherd.
I am Your sheep.

God I believe, help my unbelief.

Lord, I surrender.

Daddy God, you hold me.

I breathe in love, I breathe out fear.



Breath Prayers & Essential Oils

1. Identify a feeling or desire in you (see the color wheel).
2. Inhale deeply the chosen *essential oil.
3. Choose your breath prayer. **Breathe in** the first part of your breath prayer & **breathe out** the second part of the prayer.

"God is with me, I am safe"
"God's love surrounds me"
"Hide me in your love, God"



"God be near, I am hurting"
"God, forgive us"
"Come Holy Spirit, heal me"

**grieving >
comforted**

"I am here, God is near"
"God, hold me"
"Lord God, have your way"

**restless >
grounded**



**hopeful >
trusting**



"God is for me"
"I believe, help my unbelief"
"Creator God, you make all things new"

**content >
grateful**



"Thank you God, for everything!"
"I have all what I need"
"It is well with my soul"

*Learn more about safe use of essential oils (both for children and adults) and their many uses and benefits [here](#).

Restorative Prayer Poses

