

Spiritual Movement

By Shannyn Magee



Experiencing worship and prayer through movement allow us to connect with God using our different senses. Guided yoga movements with an emphasis on breath will allow your mind and soul to center and focus on connection through movements rather than words.

For
Young Adult / Adult

Season

Fall

Needed

Bible, yoga mat or towel, space to move freely, journal, pen or pencil, [Introduction to Spiritual Movement](#) video

Prepare in Advance

- If you have health issues check with your doctor before engaging in physical activity.
- Watch the [Introduction to Spiritual Movement](#) video showing the yoga moves and breathing techniques for this activity.

Activity Plan

1. Lay out your yoga mat or towel and in a seated comfortable position. Take a moment to close your eyes and take a few deep breaths in and out through your nose, focusing on filling your belly with breath.
2. When you begin to feel your self settle and calm read Matthew 6:25-34 (see next page).
3. Say this prayer either silently or out loud.

Holy God, take my struggles and worries upon you. You know my needs, my wants, my hopes, and my dreams. Lift my burdens and help me to trust in you and live into the your abundant grace. Amen.

4. Engage in the yoga sequence by following along with the “Spiritual Movement – Seek Ye First” video.
5. After having watched and/or done the video multiple times, play music of your choice (or just silence) and do the sequence on your own, connecting the movements and breath to your prayer.
6. As you become more comfortable with the moves explore various yoga poses and how they can become a reflection of your words being lifted up in prayer. Remember, with movement words are not necessary.
7. Keep a journal and write down thoughts, words, phrases, or feelings that came up during your experience. Pray through these thoughts or just allow them to be a remembrance of how God has spoken to you through the silence.

Matthew 6:25-34

Do Not Be Anxious

"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.

"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Yoga Sequence

Seek ye first the kingdom of God: Mountain pose, breathe hands overhead to extended mountain pose.
And God's righteousness: exhale, bend knees to Forward Fold
And all these things shall be added unto you: Inhale, Table Top
Allelu, Alleluia: exhale, Forward Fold

You shall not live by bread alone: Down Dog
But by every word: exhale, Plank
That proceeds from the mouth of God: inhale, Up Dog
Allelu, Alleluia: exhale, Child's Pose

Ask and it shall be given unto you: inhale, Camel Pose
Seek and ye shall find: exhale, extend hands overhead in Camel Pose
Knock and the door shall be opened unto you: inhale, supported Camel Pose
Allelu Alleluia: exhale, Child's Pose

Seek ye first the kingdom of God/ And God's righteousness: inhale, thread one arm through one arm, exhale rest head on floor.
And all these things shall be added unto you/Allelu, Alleluia: inhale, thread opposite hand through arm, exhale rest head on floor.
Allelu, Alleluia: Resting Child's Pose

What do these moves mean?*

Mountain Pose: You are ready to open yourself up to God
Extended Mountain Pose: Feel your connection to God as you raise up to your heavenly father.
Forward Fold: We hold on to sins and often try to hide those sins both from others and from God. But the God who passes all understanding knows what is in our hearts and our minds.
Table Top: You are ready to release those sins and give them over to God.
Down Dog: Trust in the Holy Trinity, Father, Son, and Holy Spirit as you move your body into a triangular pose.
Plank: We hold strength inside ourselves, but that strength comes from our Creator who longs for relationship with us.



Up Dog: A strong, yet vulnerable pose. To stay safe you must have strength throughout your body and yet your heart is exposed and open.

Child's Pose: This is a confessional pose. We are bowing down before the cross, looking for forgiveness, reconciliation, comfort, and compassion. It can also be a very soothing pose as you can completely let go of your breath and the tension in your body.

Camel Pose: Raise your hands up to heaven feeling the front of your body open, ready for acceptance.

Supported Camel Pose: With an open heart inhale God's loving spirit.

Thread: As you lay yourself down remember God's love entwined around you.

*If you feel these moves communicate something different to God than what is written, give yourself permission to change the meanings. This is an opportunity for *you* to pray with your body in the most meaningful way possible.

