

**Lent Season 2022**  
**Soul Rest Spiritual Disciplines**

*(Adapted from Soul Reset: breakdown, breakthrough, and the journey to wholeness)*

**Week Four, March 27- April 2**

**The Practice of Taking Care of your Body**

Day One: Sleep eight hours.

Day Two: Drink plenty of water.

Day Three: Go for a long walk

Day Four: Fast from sugar.

Day Five: Thank your body by writing a letter to it.

Day Six: Find a workout buddy.

Day Seven: Cook your favorite healthy meal with your family and friends.

**Praying with our Bodies<sup>1</sup>**

This week we consider the place of our bodies in prayer. This may be freeing or quite a challenge but let's open ourselves in prayer to the Spirit of God teaching us of the sacredness of our bodies as expressors of our faith.

**Let us pray.**

Creator God, you have made us in a wonderful and mysterious way, connecting body, mind, and spirit as an integrated whole. Help us to honor your creative gift to us by finding joy and freedom in learning to pray with all of who we are. In the name of Christ, who came in human form to heal us, body and soul. Amen.

**Explore Posture Stations**

Station 1: "Lift up your hands to the holy place, and bless the LORD" (Ps. 134:2)

Station 2: "[Daniel] continued to go to his house,... and to get down on his knees three times a day to pray to God and praise God" (Dan. 6:10)

Station 3: "But the tax collector ...would not even look up to heaven, but was hearing beating his breast and saying, 'God, be merciful on me, a sinner!'" (Luke 18:13) [A standing posture with hand over the heart and head bent]

Station 4: "Going a little farther, [Jesus] threw himself on the ground and prayed" (Matt. 26:39).

**Close in song, "In the Lord I'll Be Ever Thankful" TFWS 2195**

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<sup>1</sup> Based on **Deeper Explorations** in *The Way of Prayer Leader's Guide*, page 62