

The Embodied Experiment

Want to see how your physical posture affects your spiritual experience? Try this contemplative exercise to increase awareness of your body in worship.

- ① Pull up Psalm 46 in your favorite Bible-listening app (YouVersion, YouTube, etc.), or ask a friend to try this with you.
- ② Sit comfortably—perhaps with your feet flat on the floor.
- ③ Take a centering breath. Feel the air fill your lungs, and hold your breath at the top before releasing it. Ask the Holy Spirit to be present with you.
- ④ Listen to the Scripture three times.
 - First, with your arms folded
 - Second, with your hands flat on your knees
 - Third, with your hands open, palms up.
- ⑤ Notice the sensations in your body during each reading.
 - What changed between each posture change?
 - What effect did your body posture have on your experience of God's voice in Scripture?
 - How can you incorporate this new awareness into your times with God?