

## **“MOVING” Resources**

This week, we invite you to find ways to move in a way that brings you joy. Regular physical activity has been shown to reduce rates of depression and anxiety at all life stages, and research suggests it can prevent cognitive decline in later years. Most importantly, this exploration can serve as a reminder that we are embodied beings, and that our Creator speaks the words “it is very good” (Genesis 1:31) over every part of our lives—including our bodies.

### **For Micro-Churches and Personal Reflection this week:**

Discuss:

What kind of messages did you receive about your body as you were growing up? Share with one another whether living an “embodied” life is something you find it easy or difficult to do. Has this changed over time?

**OR**

Read Psalm 139:13-16 aloud reflectively several times over as a lectio exercise and share with one another the invitation you are sensing from God.

**OR**

Read through the list of practices below and discuss which (if any) appeal to you, and brainstorm other ideas for how you could be intentional in moving your body in a way that brings joy this week.

### ***MOVING*: Some Things to Try**

Watch this video to see how even going up the stairs can bring joy

<https://youtu.be/2lXh2n0aPyw>

Try Walking prayer <https://www.lynnebaab.com/blog/creative-prayer-while-walking>

Listen to “Great Are You Lord” and allow your breath simply to be an act of worship

<https://www.youtube.com/watch?v=vQLMnPYoR9k>

Turn on a happy song and dance around the house

Walk in your neighbourhood on your own or with a friend

Walk in a forest! [Why trees make you happier](#)

[https://greatergood.berkeley.edu/article/item/why\\_trees\\_can\\_make\\_you\\_happier](https://greatergood.berkeley.edu/article/item/why_trees_can_make_you_happier)