

Winter Greetings - Grace Newsletter

Listen To Your Body

LISTEN TO YOUR BODY

Welcome back! Happy New Year! Grace kids programming will continue online via newsletters, zoom check-ins, and monthly supply pickups for the next 3 months. Join us on a chilling faith formation adventure!

This Sunday, Jan 24th, you are invited to join Kelsey for a zoom check-in from 9:00-9:30am.

Join Zoom Meeting

<https://luthersem.zoom.us/j/5771068839?pwd=eFdhaXgxZUtGNG8reCtJaS9VTUZsdz09>

Meeting ID: 577 106 8839
Passcode: 09192020

For the next couple of weeks, we are going to dive into physical health and how having a healthy body also creates a healthy faith.

This week we are going to talk about how we need to listen to our bodies. And when we learn to listen to what our bodies are saying, we also learn how to listen to God in our lives.

Listening to your body is about telling if you are hungry, tired, cranky, and if you are mentally exhausted.

Activities this week are for the whole families and just youth. Each day I challenge you to do one activity a day to train yourself to listen to your body.

Breathing exercises to help slow your roll, clear your mind, and be open to what your body is saying: <https://bit.ly/3qGleTa>

3-Minute Body Scan Meditation to learn how to feel your body and be in-tune with each part and what it may be saying or feeling: <https://bit.ly/3671kdr>

Talk to Yourself and ask questions to help discern how your body is feeling and what your body needs: *How do I feel mentally/physically? *Am I stressed? *Am I in pain? *Am I cold or hot? *Am I hungry? *Am I bored? *Am I tired?

Listening to My Body by Gabi Garcia

Pick up the book at your local library or follow along with this online reading! This is a great introduction to the week's tasks of listening to your body. Help them understand what they are going to dive into!

<https://www.youtube.com/watch?v=-B6Rik-TA-Q>

Exodus 3:4

“God called to him out of the bush, “Moses, Moses!” And he said, “Here I am.”



Faith Formation

Moses is my (Kelsey's) favorite person in the Bible. Moses is a prime example of listening to God's calling. And the best part is that Moses, after listening to God's calling, said no thank you and tried to get out of it! God calls to each and everyone of us. Are you listening?

Listening to your body, tuning into what your body is saying, can help you take a moment and start to listen to what God may be saying. As you work on meditating, talking to yourself, and breathing, also invite God to enter your space. When you feel your head, imagine opening up your head and letting the Holy Spirit flow in!

Listening to God can be a hard task. Listening to your parents or even your friends can be hard! There are so many distractions and sometimes you would rather be doing something else. But you do listen to your

parents because you know they are just trying to help you. They love you SOOO MUCH! Well, God is also our parent and so listen to God, too!

Moses had an amazing sign that God was talking, a burning bush. We are not so lucky. God sometimes whispers to us and sometimes yells at us. Sometimes God is talking to us through others or through an event. How are you going to hear when God talks to you? By listening! Being open to God's whisper (or yelling) in whatever form it comes.

Listen to Your Body, Find Where You Need God

Your body tells you things like when you are hungry and when you need sleep. It can also tell you when you need some time with God and remind yourself of God's love. When you are feeling empty or like something is missing, read a Bible story. When you are feeling like you need to be heard, pray. When you feel like you need some direction, listen to where God is leading. When you listen to your body, you can find where you need God.