

Body Awareness

Recognizing bodily reactions to feelings is vital for holistic Christian living, turning physical sensations into cues for spiritual reflection. Based on the “Body Action” prompts, use the following as a guide to help you recognize feelings. How do you recognize, in your body, each of the following:

Where do you feel that undeniable tension when you contemplate being honest with God?

Where do you feel the fierce surge of anger in your body when it arises?

Where do you hold sadness in your body?

Where do you feel confusion in your body?

Where do you feel fear in
your body?

Where do you feel joy in your
body?

Key Aspects of Linking Physical Feelings to God's Word:

- Emotions as Indicators: Physical sensations (like a tight chest from anxiety) are signals from our soul that prompt us to take our emotions to God, rather than stewing on them.
- The Body as a Temple: Caring for our physical selves by recognizing signs of burnout or stress is a biblical mandate, honoring God's creation.
- Processing vs. Suppression: Rather than suppressing emotions, Scripture encourages us to acknowledge them and surrender them to God, transitioning from "feeling" to divine truth.
- Discerning God's Presence: Recognizing physical reactions can help us become more attentive to the Holy Spirit's promptings, bringing us to a place of deeper dependence on Him.
- Anchoring in Truth: We are called to "feel the feels" while anchoring our emotions in the hope of Christ, using Scripture to govern our reactions rather than letting our reactions govern us.

By understanding that emotions are part of being made in God's image, we can use our physical reactions as a starting point to seek God's wisdom, leading to spiritual strength and emotional maturity.



"Body Awareness" by Kimberlee Smith, provided by It Starts Small, may be freely shared for personal use provided the text remains unaltered and no profit is made. All original copyright notices and author attribution must be maintained. For more resources, visit itstartssmall.com