

Reflection & Formation Practice

Anxious Thoughts

Find a comfortable space where you can quietly meet with God. Sit with palms open or stand and gently rock side to side. Pace through the reflection in a way that feels right to you, but don't rush.

Say: "God be with me. Meet me here as my shelter, my shield, my Savior."

Breath Work:

Begin by taking some deep breaths – in for 4, hold for 3, slowly out for 6. Repeat several times, focusing on your breath. Move on when you're ready.

Soul Check:

Take inventory of what you're feeling, **not** what you're thinking. Use the words list to help you identify your emotions. Connect what you're feeling to any physical response you're experiencing.

Linger here and acknowledge what you're feeling inside and out. *Not why, just what.* Sit in that and breathe. It may feel awkward or uncomfortable. Your mind may begin to wander back to your thoughts. That's okay, just reorient yourself to what you're feeling right now and breathe.

Anchor Verses:

Choose one of the following passages. Say it out loud a few times.

- Psalm 139:1-5 | O Lord, you have examined my heart and know everything about me. You know when I sit down or stand up. You know my thoughts even when I'm far away. You see me when I travel and when I rest at home. You know everything I do. You know what I am going to say even before I say it, Lord. You go before me and follow me. You place your hand of blessing on my head.
- Psalm 32:7-8 | For you are my hiding place; you protect me from trouble. You surround me with songs of victory. The Lord says, "I will guide you along the best pathway for your life. I will advise you and watch over you.
- Psalm 91:1-2 | Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the Lord: He alone is my refuge, my place of safety; he is my God, and I trust him.

Use the following prompts to respond to God:

1. Father, thank you for...
2. God, I give you this burden and weight. Please carry...
3. Jesus, I trust you with...

Soul Reflect:

Notice what feels different. How does your body feel compared to when you began? How have your feelings or the words you used changed? Do the thoughts or anxieties that drove you to this practice hold the same presence, power or strength? You might choose to journal or simply repeat the breath practice as you close this time.