



Grounding techniques to "come home" post-COVID-19

1. Take a breath for a count of 4 ("God is love") hold it for 4 and exhale for a count of 8 ("Perfect love casts out fear.") Notice the feeling of calm in your body.
2. Place both feet flat on the floor. Move your toes, flex and curl your toes and take a few moments to notice how your feet feel.
3. Rub your hands together (like prayer hands). Notice the sounds of your hands and the heat.

If web resources are more your thing, here are a couple:

UCLA's Mindfulness Awareness Center:

<https://www.uclahealth.org/marc/>

Peter Levine, PhD, a renowned trauma therapist, talks about how to use simple techniques to relieve despair:

<https://bit.ly/3hRwiwq>

St. Mark Prebyterian Church
"From Scared to Sacred": Fear (7/25/21)

For Reflection and Journaling

Lectio divina (“divine reading”) is a reflective practice of reading Scripture. Take a passage from 1 John 4:7-21 and go through it in the following way:

Invite God’s presence – “God, open the ears and eyes of my heart to you.”

Read through the passage once. What words or phrases jump out to you?

Reflect on the passage again. Ask God to make the focus clear to you.

Respond through prayer or journaling some phrases or words.

Rest in God’s presence. When your mind wanders, try to recenter through a breath prayer (other side of page).

Journaling questions

1. Was it challenging to feel God's love during the pandemic? How did it make you feel?
2. How does God show God's love to you? What does this feel like?
3. How do you make God's love known to others? How did you express this during the pandemic? How did it make you feel?