



SoulCare: Moment to Pause and Process

Breath of Life

Opening Statement:

Welcome to SoulCare, a moment to pause and process, sponsored by the National Benevolent Association. We invite you to join us for a few minutes to practice the art of pausing and being present in the moment. We hope these practices can also be taken home with you and used in your context, meetings, and worship life.

Presenter A:

[Takes deep breath and says,]

JUST BREATHE

[Pauses 15 seconds]

I invite you to place your feet flat on the floor, straighten your back, open the airway in your body, and breathe.

As you breathe, try to gradually slow your breath and notice your heart rate relax. Because in the midst of gathering information, and wrestling with decisions that will impact the life of our church and the generations to come...it's important that we find time to...JUST BREATHE.

[Pauses 15 seconds]

We pause...to slow down our racing minds.

We pause...to allow our souls to catch up to the moment.

We pause...as a practice of accepting our limits, recognizing we don't have to figure it out all by ourselves.



We pause...to make room for the spirit to mediate all that was said, and point our hearts in the right direction.

We pause...to make room for the helper our Christ promised us so long ago...to fill us back up...and the gaps we don't have to fill alone.

[Takes deep breath and says,]
"So, JUST BREATHE."

[Pause 30 seconds]

Breathe in the breath of life.
Breathe out the stress of life.

Breathe in the breath of community.
Breathe out the burden of isolation and division.

Breathe in God's mercy for yourself.
Breathe out God's grace toward others.

Receive the peace beyond understanding promised to us as we release the burdens and cares of our current situation.

And as you breathe, receive the joy of your salvation again, and again, and again...

...feel it fortify your body.

Presenter C

[Begin Body Stretch Exercises]

Feel the breath of life flow through your body. Notice the oxygen nourishing your brain. Notice the oxygen reaching your vital organs and limbs.



[Begin Stretches]

We invite you to please stand as you are able.

[Presenter B to lead stretches]

Squeeze your palms like you have an orange in your hand, and release.

Press your toes toward the bottom of your shoes like you are popping the soles out; now release and press the ball of your foot to the floor.

As we close, feel free to move as you please, stretching every bit of stiffness out of your body, while breathing the freedom of the spirit in.

[Improvised Stretching]

Just BREATHE.

Closing Statement:

This SoulCare moment was brought to you by the National Benevolent Association. Visit nbacares.org for more resources and ideas for SoulCare, to continue these moments of pause and process.