



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.



SoulCare: Moment to Pause and Process *Power and Impact*

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 B:

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

Again, as you breathe, place your feet flat on the floor and straighten your back if you are able. Breathe with the intent of slowing down your heart rate and allow your mind to catch up with the moment.

[Pauses 15 seconds]

Previously, we paused to reconnect ourselves to the breath of Life.

Now, we will move to acknowledge our power and our impact...

Do you know you have power? You are powerful. Your presence is an artistic illumination of God. When was the last time you noticed yourself?

Look at your hands. Notice the texture. Notice how they have changed over the years. Take one of your hands and gently rub the inner part of your arms. You can even use your nails to gently move over your skin. Locate your muscles, in your arms, in your shoulders, in your legs. Notice where there is tension.

If you are feeling tension in your arms, squeeze the muscle and gently massage. If the tension is in your neck or shoulders, gently roll your shoulders forward and backward.



If the tension is felt in your legs, feel free to stand and stretch, or in a seated position, lift your legs slowly and gently up and down.

Presenter A: This is your body.

Presenter B: It is good.

Presenter C: You are seen.

Presenter A: Do you know that you have power? You are powerful. Just like the people of Jericho, your voice matters. When they shouted, the walls came down. When you speak, you are heard. Whether in a whisper, or talking to a friend, or shouting at the top of your lungs...God always hears. And we need to hear your voice today.

Let's begin by warming up our voices!

Now let's say our names!

When I say, "Who Are We?" you say, "Disciples of Christ!"

Now, I want us to chant, follow my lead...

We Are One!

Presenter A: This is your voice.

Presenter B: It is good.

Presenter C: You are heard.

Presenter C: Do you know that you have power? You are powerful. Just like the people of Jericho, when they marched, the walls came tumbling down. When you move, you literally impact/shift the atmosphere. Whether it's an ant, sound wave, or a molecule. You are felt. And we are going to feel that today.

[Stomping Exercise]

Twist quickly from left to right,



Tap your hands on your legs,
Now stomp one foot at a time.

[Presenter starts slow and progresses faster.]

[Presenters to stop first and wait for the audience to stop and get quiet.]

Presenter A: This is your impact.

Presenter B: It is good.

Presenter C: You are felt.

Presenter A: We are powerful.

Presenter B: We are seen.

Presenter C: We are heard and felt.

All: We are One!

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."



SoulCare: Moment to Pause and Process *Creative Spirit*

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 a deep breath and says],
"JUST BREATHE."

Again, put your feet flat on the floor and straighten your back if you are able. Remember, when you breathe, you are doing so with the intent to slow your heart rate down so your mind can catch up with the moment.

[Pauses 15 seconds]

We paused to reconnect ourselves to the breath of Life.
We moved to acknowledge our power and our impact.
Now we create to experience the freedom of the Spirit.

Presenter C: In this moment, we invite you to be free. Let's welcome our inner child. We will set our kid-self free as we explore God's creative activity.

Today, we are going to draw. Yes, you heard me well. We are going to draw. Don't worry if you are not an artist; your inner child still is! It is the process, not the product, that is important.

This is a moment for you, for us, to move with the Spirit and be moved by the Spirit. So, let the Spirit guide us all. Let's take the piece of paper that was given to you, and let's fold it in half.



Then, let's fold it once again in half. You will have at the end a piece of paper divided into four exact spaces.

Take the colored pencils; have your inner child greet the colored pencils. Feel the colored pencils. Feel the paper.

Now, as we read Psalms 23, we invite you to draw the first thing that comes to you. After each reading we will ask you a prompt for inspiration to draw more or add to your drawing. We want you to fully experience these verses, and express how the text impacts you through art. So, embrace the creative process and see the Spirit move through your creativity.

Let's begin our journey on the first square...

Presenter A: The Lord is my shepherd. I lack nothing. God lets me rest in grassy meadows; God leads me to restful waters; God keeps me alive. (vv. 1-2)

[Pause for drawing]

Presenter C: Go ahead, experience these verses, let the spirit guide your hand. Do not analyze, just draw. Use shapes and lines...there is no right or wrong.

[Pause for drawing]

Presenter C: Let's move to the second square...

Presenter B: "The Lord guides me in proper paths for the sake of God's good name. (v. 3)

[Pause for drawing]

Presenter B: Allow God to guide your hands.



[Pause for drawing]

Presenter C: Let's move to the third square...

Presenter A: Even when I walk through the darkest valley, I fear no danger because you are with me. Your rod and your staff— they protect me. (v. 4)

[Pause for drawing]

Presenter A: Experience God's protection...

[Pause for drawing]

Presenter C: Our creative prayer now takes us to the fourth square...

Presenter B: You set a table for me right in front of my enemies. You bathe my head in oil; my cup is so full it spills over! Yes, goodness and faithful love will pursue me all the days of my life, and I will live in the Lord's house as long as I live. (vv. 5-6)

[Pause for drawing]

Presenter C: Amen! We have concluded our visual prayer. The Spirit has taken us through the process. Our inner child has been fed. I will invite you to revisit your expressive creation and to discover what connections, what new ideas, and new meanings will emerge.

Closing Statement

Thank you for joining us for SoulCare moments brought to you by the National Benevolent Association. Visit the NBA website at nbacares.org for more resources and ideas for SoulCare, to continue these moments of pause and process.