

PRACTICE GUIDE

Body Scan + Psalm 139

Fearfully and wonderfully made

"I praise you because I am fearfully and wonderfully made." -- Psalm 139:14

A body scan slowly moves attention through each area of your body without judgment. Pairing it with Psalm 139 transforms it from a secular mindfulness exercise into an act of worship and reembodiment -- especially healing after trauma or chronic pain.

THE PRACTICE

- 1 Sit or lie down comfortably**
Close your eyes. Take three slow breaths.
- 2 Start at the top of your head**
Notice any sensation -- tension, warmth, nothing. All are fine.
- 3 Move slowly downward**
Forehead, jaw, neck, shoulders, arms, hands, chest, belly, hips, legs, feet.
- 4 At each area, silently say**
"I am fearfully and wonderfully made." No need to fix anything -- just notice.
- 5 Rest at the end**
Take three breaths. Thank God for the body He gave you.

TIP

5-10 minutes is ideal. Excellent for insomnia (do it in bed), chronic pain (befriend the body instead of fighting it), and reconnecting after dissociation.