

Well-Being Physical Quarter emails

These emails were sent to those on the mailing list, and also posted on the Grace Lutheran Facebook page. We have printed these copies for those who do not receive them. If you would like to receive the occasional series such as this (1-2 times per year) through your email (through a computer or smartphone) along with our once weekly Tuesday e-news, contact Michelle@gracedm.org

We have indicated the day each was published, but feel free with start at the beginning, or, begin where we are today, then circle back. Take one day at a time to let the message do its work. We'll print more as they are published.

Here is the explanation of the emails that was sent on the first day:

The emails you will be receiving in the following weeks from the Well-Being Task Force are meant to enhance our appreciation for the miracle of our bodies so as to help us come to an awareness of our body being the place from which we experience life and consequently God's presence. "Don't you know that you yourselves are God's temple, and that God's Spirit dwells in your midst?" 1 Corinthians 3: 16.

The process involves intention and trust. In setting an intention to care for God's temple we trust that God will honor our intention to care for ourselves by providing us with grace to grow into our intention. Growing into our intention through grace, the Well-Being Task Force trusts that we will further grow in our perception, seeing God's goodness in ourselves, others and creation. "God saw all that he made, and it was very good." Genesis 1: 31.

The format will be based on thirteen 3-day cycles of Intention, Trust Question, and Wisdom Saying for a total of 39 emails with today being the first day of the first cycle, Intention. The Well-being committee has since decided to add one more email including a reflection/mantra that each of us can continue with daily if we chose, making this a 40 day series in total.

Day 1: April 24 Self Care

I will put my foot on the path with intention ...

Intention

I will put my foot on the path of caring for my body with the intention of becoming aware of my body being God's temple, the place from which I experience life and God's presence.

Day 2: April 25 Self Care

I will put my foot on the path with intention ...

Trust Question

Do I trust that caring for my body is an act of caring for God's temple consequently showing God how much I love him and our life together?

Day 3: April 26 Self Care

I will put my foot on the path with intention ...

Wisdom Saying:

Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.

~Parker Palmer

Day 4: April 27 Skin

Intention

I will put my foot on the path of caring for my skin with intention and in gratitude for the way it guards my body's underlying muscles, bones, ligaments and internal organs. I will marvel at its elegant design that insulates and safeguards my body that houses my soul.

Day 5: April 28 Skin

Trust Question

Do I marvel and take delight in my skin, wrinkles, age spots and all for the way I can trust it to hold all the parts of me together as one body while recognizing, marveling and delighting in all the colors and textures of skin trusting that Christ holds all people together in One Body in the same way as skin, insulating and safeguarding bodies and souls?

Day 6: April 29 Skin

Wisdom Saying

My body is what connects me to all of these other people. Wearing my skin is not a solitary practice but one that brings me into communion with all these other embodied souls.

~Barbara Brown Taylor

Day 7: April 30 Heart

Intention

I will put my foot on the path of caring for my heart, the eyes with which to see in love, with intention by exercising my body, eating nutritious foods, drinking plenty of water and grounding my life in prayer.

Day 8: May 1 Heart

Trust Question

Am I willing to trust that my heart is the eye from which to see all people and creation in the same way that Jesus did, through the lens of love, so that I may live as the Heart of Christ in the world?

Day 9: May 2 Heart

Wisdom Saying

God loves human beings. God loves the world. Not an ideal human, but human beings as they are; not an ideal world, but the real world. What we find repulsive in their opposition to God, what we shrink back from with pain and hostility...this is for God the ground of unfathomable love.

-Dietrich Bonhoeffer

Day 10: May 3 Feet

Intention

Today I will put my foot on the path of caring for my feet, these feet that helped me learn to crawl, stand, walk, run, skip. I will take care of these feet that may ache at the end of a long day or a long life, these feet that can also feel the warmth of the sun on the grass and soil, and allow me to enjoy a breeze or a stream of water between my toes.

Day 11: May 4 Feet

Trust Question

These feet carry me forward as I walk beside, or carry others, as God walks with and carries me. Do I trust that my own feet will carry me through tough times? Do I listen when my intricate, delicate, and yet tough feet tell me I need to take care of me, and share my burdens with others?

Day 12: May 5 Feet

Wisdom Saying

"Over every mountain there is a path, although it may not be seen from the valley." Theodore Roethke

Day 13: May 6 Hands

Intention

Today I will put my foot on the path of caring for my hands, noticing their unique shape, the callouses and rough spots, and appreciating how they allow me to accomplish so many things.

Day 14: May 7 Hands

Trust Question

Do I remember the many hands that have held my hands? Do I remember the feeling of holding someone's hand, and what that stirred in my heart?

Day 15: May 8 Hands

Wisdom Quote

God has given us 2 hands, one to receive with and the other to give with. Billy Graham

Day 16: May 9 Gut

Intention

Today I will put my foot on the path of caring for my gut: my digestive system and a center of intuition and feeling. I will notice my gut, how it churns, how it growls, how it hungers. I will notice how I feed my gut, and give it godly nourishing food.

Day 17: May 10 Gut

Trust Question

Am I treating my gut with honor when I give it nourishment? When I give it food? When I give it drink? When it tells me something is off, or even when something is right?

Day 18: May 11 Gut

Wisdom Quote

"The key to nourishment is balancing the knowledge of the mind with the wisdom of the body." Marci Evans, RD

Day 19: May 12 Weight

Intention

I will put my foot on the path towards peace with and acceptance of my body weight. My weight is different from everyone else. It changes with the seasons, with the time and care I offer it. I am not my weight.

Day 20: May 13 Weight

Trust Question

Can I accept that my weight does not define me? Will I offer myself the Grace to see beyond my weight, to nourish and strengthen my body to perform the tasks requested of me, allow me to enjoy God's gifts, and to fulfill God's calling for me?

Day 21: May 14 Weight

Wisdom Quote

"One of the greatest regrets in life is being what others would want you to be, rather than being yourself." Shannon L. Alder

Day 22: May 15 Ears

Intention

I will put my foot on the path with intention and today I will appreciate what joy comes to me through my ears. I will listen and truly hear the sounds of God's creation. As I do, I will rejoice in my ability to hear.

Day 23: May 16 Ears

Trust Question

Can I trust as I hear? Today can I listen without my agenda getting in the way of my hearing?

Day 24: May 17 Ears

Wisdom Quote

Whether you turn to the right or to the left, your ears will hear a voice behind you saying, "This is the way; walk in it." Isaiah 30:21

Day 25: May 18 Tongue

Intention

I will put my foot on the path with intention of noticing what words come off my tongue. Today I will only speak words that feed others; I will avoid words that cause hurt. I will use my tongue to talk to God, and then I will listen as God responds and nourishes my soul.

Day 26: May 19 Tongue

Trust Question

Will I trust God to guide my tongue—to guide my words to reflect my love for him? My love for his children?

Day 27: May 20 Tongue

Wisdom Quote

A person's words are like life-giving water; words of true wisdom are as refreshing as a bubbling brook.

Day 28: May 21 Muscles

Intention

I will put my foot on the path with intention -- being aware of the beautiful movement of my muscles. I will notice when they cry out: move me, please move me.

Day 29: May 22 Muscles

Trust question

Do I have "misplaced trust" that my muscles will continue to move my body even if I fail to intentionally move them, stretch them, strengthen them?

Day 30: May 23 Muscles

Wisdom Quote

It is a shame for us to grow old without ever seeing the strength and beauty of which our bodies are capable. Socrates

Day 31: May 24 Eyes

Intention

I will put my foot on the path with intention – being wonderstruck by my eyes. Today I will look in the mirror and see those eyes. But I will not see bags, shadows or wrinkles. I will see wisdom, forgiveness, caring. Then I will turn and look at God's creation, and I will intentionally see only beauty.

Day 32: May 25 Eyes

Trust question

Do I trust that God gave me eyes to see myself as he sees me? Do I trust that God looks past my imperfections? Past others' imperfections?

Day 33: May 26 Eyes

Wisdom Quote

Your vision will become clear only when you look into your heart.... Who looks outside, dreams. Who looks inside, awakens. Carl Jung

Day 34: May 27 Brain

Intention

I will put my foot on the path with intention and today I will notice my brain. I will notice its whirring, its processing, its connecting. I will also notice its need for being still. Today, I will give my brain moments of peace and of quiet. Today I will give my brain permission to think no thoughts—just for a few moments.

Day 35: May 28 Brain

Trust question

Can I trust that it is OK to sometimes stop thinking and just be? Can I trust that God wants me stop the mental chaos just for a few moments and find peace in just being with him?

Day 36: May 29 Brain

Wisdom Quote

Be still and know that I am God. Psalm 46:10

Day 37: May 30 Spirit

Intention

I will put my foot on the path with intention and today I will notice my spirit. I will notice how intertwined my spirit is with my body. I am the caretaker of my body; I am the caretaker of my spirit. Today I will move and I will rest; I will eat and I will fast. Today I will shout and I will be still. Today my spirit will soar, today my spirit will shout with joy, today my spirit will dance with God.

Day 38: May 31 Spirit

Trust question

Do I trust that my spirit is part of my body? Do I realize that I cannot care for my spirit without also caring for my body?

Day 39: June 1 Spirit

Wisdom Quote

"I choose to make the rest of my life the best of my life." Louise Hay

This is the final day of this series, and the Well-being task force wanted to send you off with a litany that you can use every day to continue with the intentions you personally set during the previous 39 days.

Day 40 *I will put my foot on the path with intention*

Intention

I will put my foot on the path with intention of thanking God everyday for my body.

Trust Question

Do I trust that in caring for my body with love and intention I am growing in relationship with God?

Gratitude Prayer

Loving God, help me always to rejoice in the life you have given me caring for my body in gratitude and from an awareness that my body is your temple, the place from which I experience my life with you.