

MEDITATION FOR MIND, BODY, AND SPIRIT

Reflection on Psalm 2

Short, Guided Meditation



Devotion in Motion by

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“RESTING UNDER THE REIGN OF CHRIST” (5-7 MINUTES)

COME INTO A COMFORTABLE SEATED POSITION OR SAVASANA.
ALLOW YOUR SPINE TO BE LONG, SHOULDERS SOFT, HANDS RESTING EASILY.
GENTLY CLOSE YOUR EYES.

BEGIN BY DRAWING SLOW, DEEP BREATHS THROUGH THE NOSE.

INHALE... FEELING THE CHEST AND BELLY GENTLY RISE.

EXHALE... RELEASING TENSION FROM THE JAW, SHOULDERS, AND HIPS.

LET THE BREATH BECOME UNFORCED. STEADY. TRUSTWORTHY.

AS YOU BREATHE, SILENTLY REPEAT:

“CHRIST IS KING... I AM NOT ALONE.”

WITH EACH EXHALE, IMAGINE THE WEIGHT OF CONTROL LEAVING YOUR BODY.

WITH EACH INHALE, IMAGINE BEING HELD WITHIN GOD’S UNSHAKABLE ORDER.

IF THOUGHTS ARISE-ABOUT THE WORLD, CONFLICT, OR PERSONAL STRUGGLE-
ACKNOWLEDGE THEM WITHOUT JUDGMENT AND RELEASE THEM BACK TO THE
BREATH.

NOW GENTLY PLACE YOUR HAND OVER YOUR HEART.

RECALL THE WORDS: “YOU ARE MY SON... YOU ARE MY DAUGHTER.”

LET THIS TRUTH SINK BENEATH THOUGHT AND INTO BEING.

YOU DO NOT NEED TO STRIVE FOR WORTH.

YOU ALREADY BELONG.

OFFER A SILENT PRAYER OF TRUST-FOR YOURSELF, FOR OTHERS, FOR THE WORLD.

WHEN READY, TAKE ONE FINAL, DEEPER BREATH.

SLOWLY OPEN YOUR EYES, CARRYING THIS CALM SOVEREIGNTY WITH YOU.