

Presenting Our Bodies

Below are activities you can do to present your bodies as living sacrifices, to remind yourself that you move and live in God, and to use all things that he has given us richly for our enjoyment (Romans 12:1-2; Acts 17:28; 1 Timothy 6:17). Remember that the disciples 'heard, saw, looked at and touched' the Lord (1 John 1:1). We cannot physically touch the Lord, but we can do this indirectly through other means that God gives us. Allow yourself to get out of your normal box with God. You may find these activities do nothing for you. Try again later. After each exercise you may want to journal.

***Important! Please Note:** Before each exercise, present yourself and the time to the Lord. Then meditate on a portion of Scripture God has given you.*

1. Sensory Interaction: Using artistic medium

Select your medium of choice: clay, colored paper, blank paper, pens, crayons, paints, building blocks, whatever. Then select a portion of scripture that is meaningful to you. Take your meditation and consider how you want to worship God. Then just start to do something with your selected medium. You may not know what to do. Just start. Allow what you've read and anything the Lord has spoken to your heart— insights, words, pictures, colors, et cetera – to flow to the page or clay.

2. Object Interaction: Worshipping God through his Created world

As with Sensory Interaction, objects may stir emotional responses or provide insights with the Lord. Gather a selection of objects: a candle, a flower, a cross, a key, a child's toy, a piece of chocolate, anything that comes to hand. After reading your text, select an object. You may wish to continue your reflections on the biblical text as you gaze at the object. Or you may wish to stop at a word or a phrase and savor it, digest it, ponder it – all while holding the object. Ask the Lord to show you if there is anything about this object and the text that He wants to share with you.

3. Visual Art: Contemplating the Lord through word and art

After reading your text, move to one work of religious art (something on your walls, in a museum, on the internet.) Ask the Lord to reveal Himself to you and encourage the full meaning of the text as you dwell on the art. If you find art difficult to understand, find an explanation of what the artist worked to convey. Is there anything in the art that offers you insight or invitation to worship God? Talk with Him about what you feel and think as you view the art.

4. Mime, Dance, Expressive Movement: Attending to God with our bodies

The Bible talks about coming, drinking, kneeling, bowing, dancing – all physical acts of worship. Read your biblical text. Sitting or standing, act out (mime), dance or move in ways that take the text to a deeper level. You may get a sense of God's power – move with power. Or you may want to dance to a Christian song with abandon and joy. Act out the text to a piece of wordless music. Or ...