

A Quiet Day for Scotland



Relaxation Exercises

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Begin by taking a moment or two to remember why you are here. You are here because you want to be here, but, more importantly, you are here because God wants you to be here. Your desire to be here is God's prompting, his calling to you to come closer – to explore – to discover him.

In order to do this it helps if we are relaxed, not just physically but also mentally so begin by closing your eyes so that you are no longer conscious of yourself or your surroundings and can relax more freely, maybe just resting your hands in your lap.

It maybe that you have brought along with you today, cares or anxieties, from home, from work, or maybe you are apprehensive about the day. Whatever concerns are uppermost in your mind now I invite you to name them, silently to yourself, and as you name them, place them into God's hands and ask him to take care of them for you.

Having eased your mind, you can now begin to ease your body by becoming aware of all that your are feeling through your body.

Starting with the top of your head, be aware of your hair.... every strand of it counted by God. – PAUSE -

Your ears ... through which you hear the joyful sound of life, a child's laughter, birdsong, the voice of a loved one. - PAUSE -

Your eyes... which are delighted by God's gifts of colour and form. – PAUSE –

Your nose ... brought to life by all the scents of the seasons, fresh bread, a perfumed bath. – PAUSE –

Your mouth ... filled with tiny taste buds through which you experience such a diversity of taste and flavour – PAUSE -

Move on now, slowly down your neck to your shoulders, release the tension held there by tightening them right up ... then gently relaxing them, allow them to drop to a comfortable position. – PAUSE –

Be aware of your back ... of how you are holding it ... feel of it as it rests against the back of the seat. – PAUSE –

Along your arms now ... to your hands... feel the warmth of them as they rest in your lap ... feel the sensitiveness of your fingertips by gently stroking your thumbs across them, you have experienced so much through your fingertips today. – PAUSE –

Now become conscious of your thighs pressing onto the seat ... tense them up tightly then gently relax and allow them to rest. – PAUSE -

Your knees ... the feel of tights or trousers against them ... down to your calf muscles ... tense them up tightly, then gently let go and relax. – PAUSE –

And your feet ... which have taken over so many surfaces ... feel them in your shoes . wiggle your toes around ... then let them rest. – PAUSE –

Finally, be aware of your body as a whole allowing every muscle to relax. – PAUSE –

Feel the presence of the Holy Spirit dwelling within you stretching down to your toes ... spreading out to your fingertips ... filling your whole being with His presence – PAUSE –

Acknowledge silently to yourself, that you are a temple of the Holy Spirit. – PAUSE –

'In me, O God, You life and move and have your being ... In you, O God, I live and move and have my being. – 'Amen' -



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