



# *Forward* *Steps in Life*

## **Soul Care Meditation**

**Psalm 33: 22** “**May your unfailing love rest upon me, O LORD, even as I put my hope in you.**” As you begin this meditation, find a quiet place where you can lie down on a blanket, towel, mat, or wear a special shawl. Add candles, low lighting or pillows. **Psalm 46:10** “**Be Still and know that I am God.**”

1) Close your eyes and take slow deep breaths ...from deep inside you, inhale the calmness, exhale the stress; Be aware of releasing. With each breath, build the inhale and exhale to 4 - 6 counts. Stop counting, in order to find your own effortless rhythm.

2) Breathe in the beauty you visualize, asking God to remove intruding thoughts. Become aware of your heart's slowing rate as you relax.

3) Breathe in the Breath of life that God has given to you. The Lord covers you with a warm & comforting presence of peacefulness; **Psalm 91:4a** “**He will cover you with His feathers, and under His wings you will find refuge.** “

**II Thess. 3:16** “ **Now may the LORD of peace himself give you His peace...**”

4) See yourself in an effortless state of resting, as you wonder, “*What is God saying?*” Listen to His whispers, as He reassures you: **Psalm 146: 13** “**The LORD is faithful to all His promises and loving toward all He has made.**”

Allow your eyes to see the beauty that surrounds you....beauty that captivates you with awe and wonder. **Psalm 33: 6** “**By the word of the LORD were the heavens made, their starry host by the breath of His mouth.**”

Hear God's promise to you: **Joshua 1:5b** “**I will never leave you nor forsake you.**”

You know this Truth is meant for your Soul Care. God never breaks His promises.

Listen to His heart's call to you as His Beloved. God delights in you: As God is smiling at your beautiful soul, the Holy Spirit is reminding you of His presence within you.

**Psalm 139: 13 - 14 “For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful. I know that full well.”**

God’s spirit is reassuring you of His creative touch in you and for you. Listen with an open heart and wonder, *What is God revealing? Saying?* Rest with God and release it all to Him. He is waiting.

**Psalm 146:13 “The LORD is faithful to all His promises and loving toward all he has made.”**

**Isaiah 43: 1, 4 “I have called you by name, you are mine. You are precious in my sight.”**

Stay in this place ...and allow the Holy Spirit to comfort and guide you...He hears what is in your heart. Stay here with Jesus and rest.....**Psalm 23:3 “He restores my soul. He guides me in paths of righteousness for His name’s sake.”**

Be present with the Holy Trinity: God the Father, God the Son, and God the Holy Spirit. This is a time for you to cherish your eternal soul, so you can lean into God’s truth and hope. Soul Care is a blessing when you worship the Lord, Your God.

**Deuteronomy 6:5 “Love the Lord YOur God with all your heart and with all your soul and with all your strength.”**

If you wish to receive a 23 minute recording of a variation of a more comprehensive Soul Care Meditation, reach out to Joan at [www.forwardstepsinlife.com](http://www.forwardstepsinlife.com) or [forwardstepsinlife@gmail.com](mailto:forwardstepsinlife@gmail.com)

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