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EMBODIMENT PRAYER JOURNAL

A DEVOTIONAL JOURNEY TO
RECONNECT WITH GOD THROUGH
YOUR BODY AND BREATH.



Welcome!



I'm so glad you're here. This prayer journal was created as a gentle space for you to pause, breathe, and reconnect with the presence of God in the middle of everyday life.

You don't have to have it all together to begin. You don't need perfect focus or eloquent prayers. Just honesty, curiosity, and a few quiet moments.

Each page is an invitation — to slow down, to listen, and to remember that you're safe in the hands of a God who sees and loves you deeply.

Take your time. Let the words and reflections meet you where you are.

Healing begins not in striving, but in stillness.

With warmth,
Melissa

DAY ONE

Sometimes our pace is what keeps us from peace. When we stop, our nervous system finally has room to exhale. Stillness isn't inactivity—it's receptivity.

Bible Verse

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

Truth to Hold

I am allowed to slow down.

Lord, teach me to pause without fear. Meet me in the stillness. Let my body remember that slowing down is safe with You.

New Rythym

**Inhale for 4 seconds. Exhale for 6.
Whisper, "I'm allowed to be still."**

DAY TWO

God designed your body as a sacred space for His presence—not something to manage or escape.

Bible Verse

**For in Him we live and move and have our being.
Acts 17:28**

Truth to Hold

I can live at home in my own skin.

Father, help me listen to the messages my body carries. Show me where I've been disconnected, and gently lead me back to myself.

New Rythym

**Place your hand over your heart.
Pay attention to its rhythm.
Whisper, "I am safe in You."**

DAY THREE

When life feels loud, God's love becomes the quieting force within you. Each breath can be a conversation with peace.

Bible Verse

He will quiet you with His love. Zephaniah 3:17

Truth to Hold

I can regulate before I react.

God, help me sense Your calm when my heart races. Let Your peace settle me from the inside out.

New Rythym

**Do 5 grounding breaths (deep breaths like drinking through a straw).
With each exhale, imagine releasing tension into God's care.**

DAY FOUR

What if your body isn't the problem, but the place where God's comfort begins? Pay attention to where you feel His nearness today.

Bible Verse

Your body is a temple of the Holy Spirit. 1 Corinthians 6:19

Truth to Hold

My body speaks, and God can meet me there.

Holy Spirit, help me listen to the whispers of wisdom within me. Turn awareness into communion.

New Rythym

**Pause three times today to ask:
"What is my body telling me right now?"**

DAY FIVE

Healing isn't a destination—it's daily trust. When your body learns peace, your spirit rests.

Bible Verse

The peace of God... will guard your hearts and your minds in Christ Jesus. Philippians 4:7

Truth to Hold

Confidence grows from calm.

Jesus, anchor me in Your peace. Let my confidence be quiet, steady, and rooted in Your love.

New Rythym

**Lay one hand over your heart and one on your belly. Breathe slowly and pray:
“Peace, be still.”**

Thank you!

Thank you for making space to be here. I hope these pages remind you that prayer isn't about performance — it's about presence.

When you slow down and invite God into your inner world — your thoughts, emotions, and body — you begin to experience what true peace feels like: safety, security, and significance in Him.

If this journal encouraged you, I'd love to stay connected. You can find more guided reflections, newsletters, and free resources at melissaclarkcounseling.com.

May you continue to come home to yourself — and to the steady love of God — one gentle prayer at a time.

With grace,
Melissa Clark, MA, LPC-S, EMDR-C

