**Bedford Central Presbyterian Church**

**52 Prompts to Self-Improvement**



**Week 3- January 16- 22**

**Assess where you are-** Take notice of your body. How does your body feel?

***Please read the following and then do your own guided intuitive body connection exercise.***

Take a deep breath, close your eyes, let out the breath slowly, take your hands, gently touch your hair, feel it, massage your scalp, linger for a moment, touch your forehead, massage your eyebrows, move down to under your eyes until you connect to your nose, massage your nose, work your way outward and upward to your ears, work your way down to your earlobes, massage the other half of your face from under your eyes down to your chin. Pause and tell each part of your body from your hair to your chin that you love and appreciate it.

**Open your eyes- Get a mirror. Look at yourself. Say to your self- *I am beautiful.***

How did it feel? Do you want to continue?

You can stop here or work your way downward from your neck to your shoulders, chest, fingertips, stomach, until you reach your toes. Be sure to pause and take time to touch every body part expressing love and appreciation.

How did this activity make you feel? Were you gentle with yourself? Were there parts of your body you were less comfortable with or found difficult to express love and appreciation for.

**List the parts that you found easy/ difficult to express love and appreciation for:**

**1.**

**2.**

**3.**

**4.**

What positive/ negative feelings, thoughts or beliefs do you have about your body? Where does it come from?

* Write a power statement about your body. -i.e.-I love and appreciate my beautiful, strong, and healthy body! My body houses the spirit of God!
* Look at the goals you identified in Week 1 & 2. Does any of them connect to your body and physical health? Add a physical/health goal if you did not.



**Journal Prompt/ Writing Activity:**

***Our Bodies-His sacred temple*-** *How do you own, honor, and use your body to glorify God?*

* What one thing will you do this week to make your body healthy?

**Read** – Romans 12:1-2, 1Cor 6:12-20, Psalms 139:13-17



Each week you will be given motivation, practical tools or YouTube videos that is relevant to the Week’s Prompt/ Activity. Videos may not work directly from clicking on the link provided.

\*You may need to highlight, copy the link, go to YouTube and enter it directly into the YouTube Browser.

\*You can also place the cursor directly into the link and press enter.

\*Once at the YouTube page you may need to click **Skip Adds** to go directly to the intended content.

**WEEK 3 TOOLS:**

Candace Glover- I am Beautiful- Official Single

[**https://youtu.be/NHWiw\_qse6U**](https://youtu.be/NHWiw_qse6U)

**Self- Love, be Intentional- Caitlyn Roux-TEDxYouth@CapeTown**

[**https://youtu.be/DCNOJmmHLkQ**](https://youtu.be/DCNOJmmHLkQ)

**India. Arie- I am Light (Lyric Video)**

[**https://youtu.be/ism8dBjxKvc**](https://youtu.be/ism8dBjxKvc)