

Embodied Grace Practice

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What does it mean that “our true spiritual worship” as Paul insists in Romans 12, is to present our **bodies** as a living sacrifice?

This Embodied Grace Practice emerged in Christ the Healer UCC community because our special sauce as a new church, our way into Christ’s Gospel of the kin-dom, is the promised spiritual gift of personal and planetary healing/wholeness/Shalom.

We aspire to get into our bones and bodies, individually and collectively, what Jesus taught us to pray: “Thy kingdom come, thy will be done on earth as it is in heaven.”

And because so many of us were into whole body wellness we soon noticed that heaven and earth (not to mention hell!) can be experienced and out-pictured in our bodies in ways that we can learn to notice and shift.

Christ the Healer Embodied Grace Practice

in 3 movements: intention... preparation...practice

1. **Set the intention** to answer with your will and body the prayer of Jesus: “on earth as it is in heaven”—the bit of earth we are most responsible for, our earthly bodies, flesh and bone, breath, thought, and feeling.

Bring to mind your baptism... your body remembers being brought to the waters....how it responded when the dove descended on you. Alternately, focus your attention on your intention with a breath practice a.k.a. “singing”. Hum or sing a spiritual song you love, perhaps “Spirit of the Living God...As I Went Down In the River To Pray...Shall We Gather At the River”.

2. Prepare for embodied grace

Contemplate these words from the prophet and psalmist calling us to prepare the way for the Presence in the midst of our personal wilderness:

“In the wilderness prepare the way of the Lord;

Lift up the valleys, clear the obstructions,

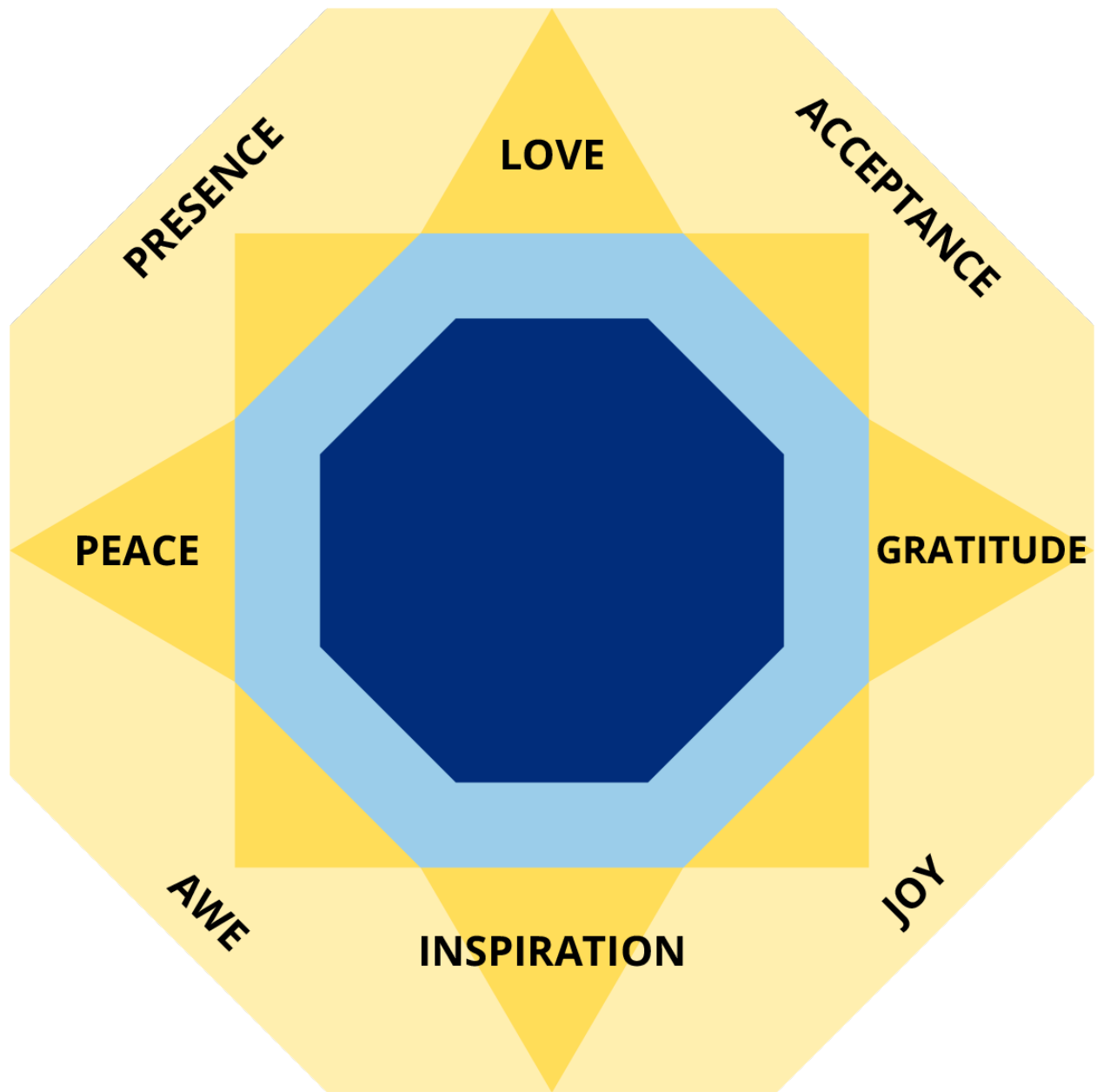
Open the ancient doors that the Glorious One may come through!

Then the glory of God shall be revealed,
and all flesh shall see it together...”

3. Practice

What happens when the matter of our bodies, minds, and emotions is touched by the Holy Spirit? When the Holy Dove descends bearing its gifts and fruits? Recall a time when you tasted some fruit of joy/peace/love/gratitude/awe. Remember, imagine, feel this grace filling your whole body. Be there now.

Notice how your breathing opens, relaxes, and expands when you are experiencing Spirit filled, gracious states of being. Notice how quickly your state of being can shift when you remember states of grace in your body and breathe into them in any present moment. All of these Spirit filled states are unconditional and flow naturally into each other as flavors of the Whole. To practice, here are 8 named states of grace arranged as a Compass of Grace to feel and breathe into any time you choose to shift:



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