

## Devotional for “Breaking Silence”

Sunday, September 23, 2018

During your prayer and meditation time, consider the text from Exodus 2:23-25 about the children of Israel in Egypt.

Then, consider these questions:

1. What is something which has been occurring in my life, perhaps for a long time, which has oppressed me, burdened me, and /or caused me pain?
  - ❖ Write what it is.
  - ❖ Speak aloud what it is.
  - ❖ Notice and list all the feelings.
  
2. Where in my body do I now feel and /or have I felt this pain, oppression, or burden?
  - ❖ List those places.
  
3. How have I been angry or upset with my body because of this pain?
  - ❖ List all which apply.
  
4. How have I tried to ignore what my own body wants to tell me about what it needs and how it feels?
  - a. List all which apply.
  
5. What am I willing to do right now to listen to my own body and heal my own pain?
  - a. List all which apply.

Give yourself as much time and space as you need to contemplate the text, to consider your feelings, and to allow new ways of being to unfold.