

Transformation – Now! 2023 Praise Activity Stretching with Psalms

“Psalms & Stretches” is a creative way of uniting body, soul and spirit. This reflective form of gentle exercise helps us to connect with the Bible by combining movement with meditating on the Psalms. We can creatively worship as we fully embody the word of God.

Stretching with Psalms can be enjoyed by individuals and as a group activity. You may like to use it as a creative form of praise at the beginning or end of your Branch meeting. Or it could form part of a Retreat or Quiet Day. It could be useful in stretching out tensions during Trustees or Committee meetings!

You will find more information and videos to watch and follow at the Psalm and Stretches website <https://www.psalmsandstretches.com/>

Ideas for using Stretching with Psalms as a group activity

- Watch one of the videos from the website as an introduction to the activity.
- Join in together with that psalm or another. There are sequences for seated exercises or more active ones. Go through the psalm a few times so people can feel confident about the movements.
- Finish with your own choice of psalm. Read it a few times and encourage people to create their own movements to interpret the words and worship God. For example:

Psalm 117

¹ Praise the Lord, all you nations.

Praise him, all you people of the earth.

² For his unfailing love for us is powerful;

the Lord's faithfulness endures forever.

Praise the Lord!