

A woman with long dark hair, wearing a green and white outfit and a lei, is meditating on a beach. She is sitting on a woven mat with her hands in a prayer position. The background features a tropical beach with palm trees, a blue ocean, and a sunset sky with pink and orange clouds. The text "Spirit LOVE SONG" is overlaid on the right side of the image.

*Spirit*TM
LOVE
SONG

Gentle Practices for Spiritual Reflection

These reflection prompts and practices are designed to support your healing journey with faith, tenderness, and grace. Find a quiet place, light a candle if you wish, and invite the Spirit to guide your heart.

1. What would it mean to receive love without fear?

Reflect on a time when you felt deeply seen or cherished. Was God present in that moment?

2. Read Psalm 23:2-3.

Sit with the words: 'He leads me beside quiet waters. He restores my soul.'

What image comes to mind? What part of you needs restoring today?

3. Visualization: Safe in God's Hands

Close your eyes and imagine your heart held gently in divine hands, glowing with golden light. What emotions rise up? Let yourself rest in that image.

4. Breath Prayer

Inhale: 'I am held in love.'

Exhale: 'I release what no longer serves me.'

Repeat this slowly for 3-5 minutes.

5. Journaling Prompt:

How is God inviting you to love more securely - both yourself and others?

Return to these pages whenever your spirit needs reassurance or light.