

BIBLICAL ELEMENTS FOR GROUNDING

The following is a model for helping clients practice grounding exercises from a Biblically informed perspective.

ROCK

"The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge..." Ps. 18:2a

"The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock." Matt. 7:28

The first thing is to establish yourself firmly on the Rock of our Lord Jesus Christ. As you sit in your seat, imagine yourself seated in the cleft of a Rock, a solid chunk of granite, and your feet firmly pressed into the Rock. Feel the firmness of it all, and consider the passages above. Find yourself taking refuge in the Rock of our God. Picture in your mind being firmly grounded in his love and his mercy; supported and strengthened in the stability of his might, which is not shaken.

ROOT

"So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness." Col 2:6-7

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit..." Jn 15:5a

Now imagine roots extending from the bottom of your feet beginning to take root into that rock, winding their way deep inside the rock of our Lord, and drawing strength from him. Feel that strength extending up into your body as you are fully connected to him. Reflect on the verses above. Take a moment and simply remain in him and feel the overwhelming thankfulness that comes through his sustaining strength.

WATER

Jesus answered, "...whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life." John 4:13-14

"Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." John 7:38

Now, imagine that root tapping into the spring of living water, and feel that living water draw up into your body. Feel the moisture in your mouth, or take a sip of water and feel the refreshing that comes from the water. Feel that refreshment and restoration in your whole body as it flows through you and wells up within you. Reflect on the verses above. Drink deeply in this moment.

AIR

"The Spirit of God has made me; the breath of the Almighty gives me life." Job 33:4

The Greek word for Spirit is the word *pneuma*, which means the air or breath of God. Take a moment and slowly breathe in the breath of God, filling your lungs with his power and strength, and then slowly exhale all the fear and worry. Continue to breathe in the breath of God, releasing the tension and worries of this world. Feel the breath of God restore your strength and give you renewed life.

FIRE

"Your word is a lamp for my feet, a light on my path." Ps. 119:105

"They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit..." Acts 2:3-4

The Spirit of God is like a fire that fills us and guides us. The word of the Lord, the Word who is Jesus, guides and directs us. Take a moment and simply pray for the light of Christ, the Word of God made flesh, to guide and direct you to your place of refuge and peace. Allow yourself to be fully there, feeling every aspect of it. Activate the experience by doing the BUTTERFLY HUG and allow it to enhance the feeling of being fully present there.