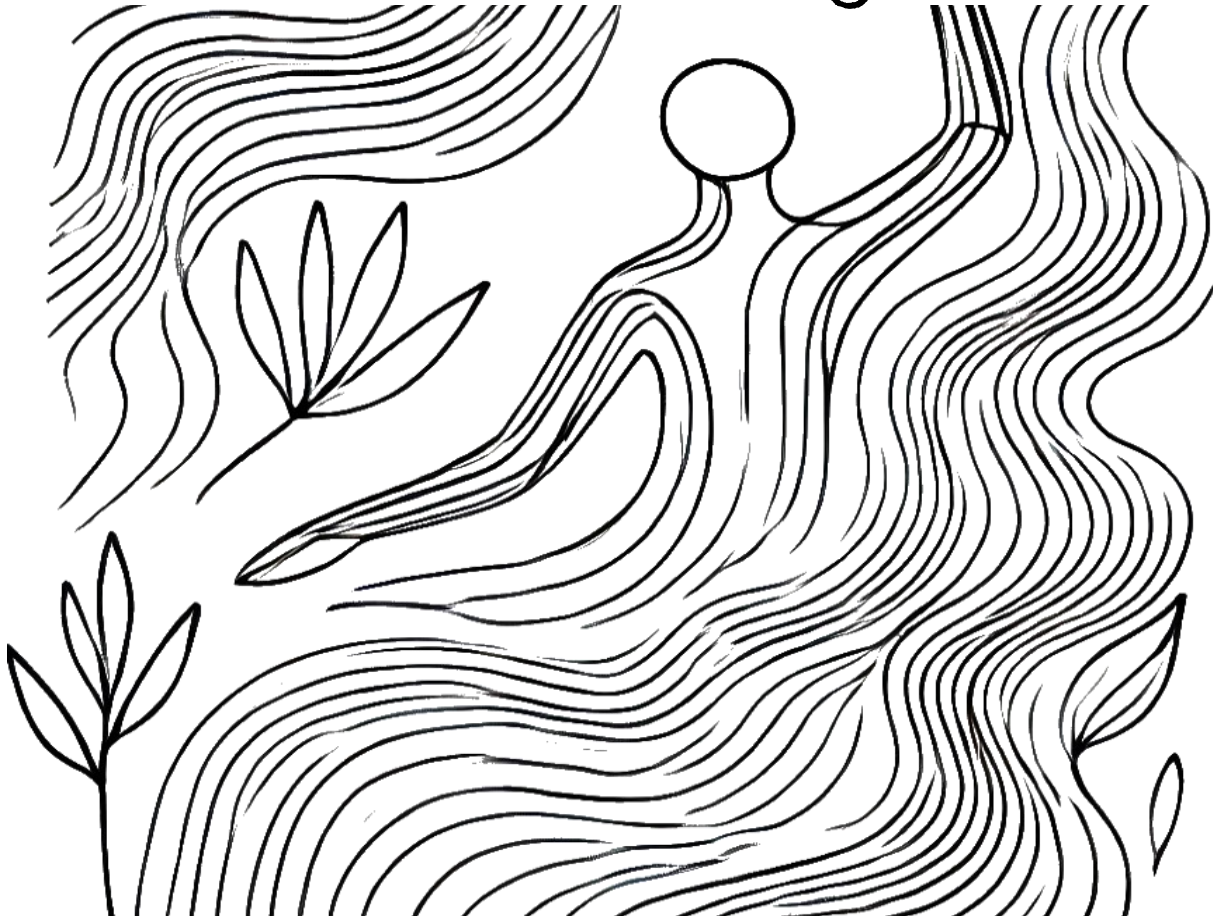


SATURDAY

Move Gently



"In quietness and trust shall be your strength"
(Isaiah 30:15)

FOR TODAY: Movement doesn't always mean exercise or workout plans. Sometimes it's just stretching your arms above your head, walking to the window, or shifting position in your chair. Each gentle movement is a way of caring for yourself. Today, notice opportunities for small movements. Maybe it's rotating your shoulders while waiting for the microwave, or taking a few extra steps in the hallway. These aren't about fitness goals or changing your body. They're about staying connected to yourself and honoring your body's need to move, even in small ways.

➔ **Reflection:** What gentle movements could you add to your regular daily activities without changing your routine?

SACRED MOMENTS: The prophet Isaiah speaks of finding strength not in forceful action, but in quietness and trust. This wisdom applies to how we move through our days. God doesn't demand dramatic gestures or intense activity - instead, we're invited to move with gentle awareness, trusting that small actions matter. Like the quiet turning of the earth or the gentle swaying of trees, our simple movements can become acts of holy trust. We don't need to push or strain; we can find strength in gentle motion.

➔ **Practice:** With each intentional movement today, try whispering "In quietness and trust" as a reminder to move gently.