

Christian Evening Stretch & Prayer Routine

This gentle evening routine helps calm the body, release stress, and prepare your heart for peaceful rest in Christ.

1. Neck Release (20–30 seconds each side)

Lower one ear toward your shoulder. Breathe slowly. Pray: “Lord, loosen my burdens.”

2. Shoulder Roll (5–8 times)

Roll shoulders forward and backward. Thank Jesus for carrying your worries.

3. Forward Fold (15–20 seconds)

Gently bend forward, letting your arms hang. Say: “Lord, soften my heart and quiet my mind.”

4. Seated Twist (20 seconds each side)

Place one hand behind you and gently twist. Pray: “Guide my thoughts as I rest.”

5. Chest Opening Stretch (15–20 seconds)

Clasp hands behind you and lift slightly. Say: “Fill me with Your peace.”

Short Prayer:

“Jesus, calm my mind and guard my sleep. Let Your presence surround me tonight. Amen.”

Scripture for Rest:

“I will lie down and sleep in peace, for You alone, Lord, make me dwell in safety.” — Psalm 4:8

Use this routine nightly to unwind, relax, and rest in God’s loving presence.