

Christian Stretch & Scripture for Back Pain Relief

This gentle, Christ-centered stretch routine helps reduce lower back tension, ease stiffness, and bring comfort to your body and soul.

1. Seated Cat–Cow (6–8 rounds)

Sit tall. Arch your spine (inhale), round your back (exhale).

Scripture: “The Lord sustains me.” — Psalm 3:5

2. Gentle Side Stretch (10–15 seconds each side)

Lift one arm and lean gently to the opposite side.

Prayer: “Jesus, release the tightness in my body.”

3. Forward Fold Over Knees (15–20 seconds)

Lean forward slowly, letting your back relax.

Affirmation: “Christ is my comfort and strength.”

4. Knee-to-Chest Hold (10–15 seconds each side)

Lift one knee toward your chest, breathe slowly.

Scripture: “Come to Me...and I will give you rest.” — Matthew 11:28

5. Seated Spinal Twist (10 seconds each side)

Gently twist, lengthening your spine.

Prayer: “Lord, restore my strength and calm my mind.”

Closing Prayer:

“Lord Jesus, ease my back pain, remove all tension, and surround me with Your healing presence.
Amen.”

Use this short routine daily or whenever you need gentle Christ-filled relief.