

Morning Stretch & Prayer Routine

Start your morning with gentle stretches and a Christ-centered prayer to energize your body and calm your spirit.

1. Overhead Stretch (10 seconds)

Lift your arms toward heaven. Prayer: "Lord, thank You for this new day."

2. Side Bend (10 seconds each side)

Gently open your ribs. Breathe deeply. Prayer: "Fill me with Your peace today."

3. Neck Circles (5 slow circles)

Release overnight tension. Prayer: "Guide my thoughts, Lord."

4. Shoulder Openers (10–12 repetitions)

Roll shoulders back gently. Prayer: "Strengthen me, Jesus."

5. Seated Forward Fold (15 seconds)

Relax your neck and shoulders. Prayer: "I surrender this day to You."

Morning Prayer:

"Lord Jesus, guide my steps today. Give my body strength, my mind peace, and my heart joy. Amen."

Use this routine every morning to begin your day with peace, clarity, and God's presence.