

Reflection Questions

Stepping inside *The Creation*

1. What moments in the movement prayer especially inspired you, surprised you, enlivened you or stirred you? How might God be speaking to you in your response?
2. Were there any moments that were difficult for you? What might God be inviting you embrace in your own journey of body and spirit?
3. At various moments in the movement prayer, you were invited to embody God in the act of creation, and at other times, you became parts of the universe: the natural world, elements, plants, animals and creatures and humans. Did you find one aspect more comfortable than another? Which brought you most delight? Which felt more like a “stretch”?
4. What did you notice as you were invited to create yourself? Were you able to imagine God creating you with compassion? To continue your meditation, consider praying with psalm 139: “I praise you, for I am wonderfully made.” Write what you discover your prayer.
5. If you were moving this prayer in a group, what was it like to express yourself with others? Were you able to feel free in exploring new expressions?
6. If you were able to share your movement with a partner, what gift did you receive in witnessing and being witnessed? (or imagining witnessing and being witnessed?)
7. How might God be inviting you to continue exploring the delight of playful creation in your own life?

