



KINESTHETIC PRAYER

A PRACTICE FOR MOVING WITH JESUS

A SPIRITUAL PRACTICE GUIDE BY KALEO PHOENIX

READ: JOHN 14:15-21

"The Mystery of God as Trinity invites us into full participation with God – a flow, a relationship, a waterwheel of always outpouring love. God is a verb much more than a noun. God as Trinity invites us into a participatory experience." –Richard Rohr

"The work of the Holy Spirit in our lives is to reveal to us the truth of our being so that the way of our being can match it." —Wm. Paul Young

PREPARE: Find a comfortable place to be still. Take a moment to allow everything to slow down. Take a few deep breaths. With each breath, picture yourself drawing near to the presence of God. Thank God for His presence within you and within His Word.

Read: John 14:15-21

MOVEMENT #1: Naming God's Presence

"And I will ask the Father, and he will give you another Advocate, to be with you forever. This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you." (John 14:16-17)

- Jesus refers to the gift of His presence by the names of Advocate and Spirit of Truth. Spend some time in imaginative prayer by writing out other names for the Spirit of God. (Examples: Life of Jesus, Peacemaker, God Compass, Pure Gift of God, Indwelling Presence, Promise of the Father, Change agent, Inner longing, Defender, Joy found, Divine Presence, Song of God)

MOVEMENT #2: Forming God's Family

"I will not leave you orphaned; I am coming to you." (John 14:18)



- Sit in the presence of God as long as you need. As you sit, reflect on this statement:

“Even in isolation, the Spirit of God draws me beyond myself. God’s presence ushers me into community with God and with people.”

- Take some time to reflect on and write down how you are being formed into the family of God.

MOVEMENT #3: Joining God’s Mission

“They who have my commandments and keep them are those who love me; and those who love me will be loved by my Father, and I will love them and reveal myself to them.”
(John 14:21)

- Jesus’ words speak to our active participation with the Trinity. Reflect on and write down what this participation looks like. What does “joining the mission of God” look like for you?

Thank Jesus for His presence now and forever. Amen.

