

Week 3: What Your Body Kept Safe for You

Day 3: Learning Your Body's Language

Listen with Tay: Tay will record this day's reading herself.

Scripture: "I pray that you may enjoy good health and that all may go well with you." (3 John 1:2)

Because your body holds memories, your body also speaks. It has a vocabulary, and once you learn it, you will wonder how you ever missed it.

A tight chest often means fear, or the feeling of being emotionally crowded. Knots in the stomach can mean old grief still moving through. A clenched jaw may be anger you were never allowed to voice. Shoulders that live near your ears are often carrying responsibilities that were never yours. Shaking can be old fear finally finding its way out.

Your body does not lie. It tells the truth your mind learned to hide. Listening to it is not self obsession. It is stewardship of the temple God gave you.

Gentle prompt: Scan slowly from your head to your toes. Where is the loudest tension? Name the place, then ask it softly, what are you trying to tell me?

Prayer: Lord, teach me my body's language the way You would teach a friend a new song. Let me hear it without shame and answer it with care. Amen.