

**Walking with God:
A Four-Week Program for Christians with Daily Stress¹**

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¹ This four-week program uses a theme, tasks, and handouts each week, consistent with Segal, Williams, and Teasdale (2012).

Week 1: The Problem of Daily Stress

Week 1 Verse

“You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, Lord, know it completely. You hem me in behind and before, and you lay your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain. Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast” (Psalm 139:1-10).

Program Introduction²

Stress is a common experience in today’s world, and can weigh us down physically, psychologically, relationally, and spiritually. A recent survey revealed that a quarter of Americans say their stress gets in the way of either their physical or psychological functioning.³ When experiencing stress, we can cope with the situation by eliminating the source (i.e., problem-focused coping) or shifting our focus away from, and changing the way we think and feel about, the situation (i.e., emotion-focused coping).⁴ We believe the latter is often better for dealing with stress, given many stressors are unavoidable. Two such ways to use emotion-focused coping to modify our psychological experience of stress include shifting our focus (“selective attention”) and changing our interpretation of the stressful situation (“reappraisal”).⁵ In this program, we will be helping you to shift your attention away from the stressor and towards God, developing the ability to (a) “reappraise” the situation with God’s help, and (b) engage in “selective attention” by focusing on moving and walking with him.

In Christianity, Christians believe God is infinitely loving (omnibenevolent), wise (omniscient), powerful (omnipotent), and present (omnipresent), attributes captured throughout God’s Word, the Bible. Because of these unchanging characteristics, his providential care extends to believers in Christ from moment-to-moment. As the 139th psalm reveals, God knows us, is familiar with us, and is always with us. God’s presence even extends to our minute-by-minute experience of stress. Therefore, when we encounter the inevitable stress of daily living, we can find comfort in recognizing that God loves us, knows what we need, is in control of the situation, and is steadily

² This program builds on previous research by Knabb and Vazquez (2018) and Knabb, Frederick, and Cumming (2018), combining the psychology literature with Christian meditation for Christians with psychological distress.

³ APA (2014).

⁴ Lazarus (2006).

⁵ Lazarus (2006) and Lazarus and Folkman (1984).

walking by our side. This shift in perspective (i.e., “reappraisal”) and focus (i.e., “selective attention”) can help us change our thoughts and feelings about stressful daily occurrences.⁶

Over the centuries, Christians have developed meditative practices to shift our wandering human mind from earthly preoccupations (e.g., stressful life events, negative thoughts and feelings associated with stress) to God’s active, loving presence. For example, the early desert Christians recited the Psalms as a way to keep their busy, distracted mind on God, despite the harsh desert environment they lived in; eventually, they developed the Jesus Prayer, “Lord Jesus Christ, Son of God, have mercy on me,” repeating the first half of the prayer with the in-breath and the second half with the out-breath.⁷ Fast-forward some 1,000 years, and Medieval Christians focused on God’s presence, with Brother Lawrence—who apparently lived a humble life as a sandal maker and cook—suggesting we can experience God’s presence from moment-to-moment by “slowly,” “carefully,” “deliberately,” “gently,” and “lovingly” engaging in daily tasks while having an ongoing conversation with God.⁸ Through repeating a simple phrase (e.g., “My God, I am completely yours”), we can bring awareness to a reality that is already there—God is active and present in each unfolding second of life, even when the weight of the world is seemingly too much to take.⁹ In the 16th and 17th centuries, the Puritans developed their own form of meditation, helping Christians to shift their attention from “earthy-mindedness” to “heavenly-mindedness” by focusing on God’s attributes and actions in Scripture; in the process, they advocated for moving from the “brain” to the “heart,” focusing on the feeling (i.e., the “affection”) that corresponds with the biblical topic.¹⁰ So, when meditating on God’s love (e.g., “God is love” [see 1 John 4:8]), for example, we can deeply ponder God’s enduring love, before shifting to an emotional experience of his loving presence.

In this four-week program, we will be teaching you how to use emotion-focused coping, changing your psychological and spiritual experience of stress (rather than trying to remove your source of stress) by surrendering to God’s loving care via Christian meditation. By shifting your focus from daily stressors to God, our hope is that you will be able to recognize God’s active presence. To do so requires a slow, careful, deliberate, loving, and gentle effort—reminiscent of Brother Lawrence’s instructions—learning to converse with God by meditating on his attributes, actions, and promises during daily tasks.¹¹ Since the Psalms capture the importance of turning to God in the midst of the ups and downs of life, we will be teaching you how to meditate on the Psalms, in particular. Also, because emerging research suggests that basic movements like stretching and walking can have a positive impact on stress when combined with focused, sustained attention and an attitude of non-judgment,¹² we will be teaching you how to recognize God’s loving presence in your daily movements, conversing with him as you operate the body he has

⁶ Lazarus and Folkman (1984).

⁷ Harmless (2004) and Paintner (2012).

⁸ Lawrence (2015, p. 38).

⁹ Lawrence (2015, p. 44).

¹⁰ Ball (2016), Baxter (2015), Beeke and Jones (2012), Hall (2016), and Watson (2012).

¹¹ Lawrence (2015).

¹² Teut et al. (2013).

generously given you. After all, as the psalmist declared, God’s hand guides us, and he knows us as we walk with him along the roads of life. Because he made us, a biopsychospiritual approach can help us to worship him by inviting him into every aspect of daily living.

Week 1 Theme

God is infinitely loving, wise, powerful, and present, and his providential care extends to each and every moment of your life. Even the stress you are currently experiencing is in the hands of God. Since this is the case, learning to notice his loving presence is key in responding to stressful life events. Although you may not be able to control your environment, you can learn to intentionally recognize God’s providential care with a simple exercise routine. By combining Christian meditation with moving and walking, our hope is that you will begin the lifelong process of discovering God’s presence in both your inner and outer world, trusting in his perfect care along the way. Certainly, basic movements and walking can help you to give glory to God, pivoting from distracting preoccupations with environmental stressors to God’s enduring love.

Week 1 Goals

1. Understand the two major responses to daily stress—problem-focused and emotion-focused coping—using “reappraisal” and “selective attention” (emotion-focused coping strategies) during moments of stress.
2. Briefly explore the history and ingredients of Christian meditation, including its role in helping you more effectively respond to stress by shifting from what the Puritans called “earthly-mindedness” to “heavenly-mindedness.”
3. Utilize daily moving and walking as a vehicle through which you can meditate on God’s attributes, actions, and promises to effectively change your response to daily stress.

Week 1 Tasks

1. Complete the “Informed Consent” form and Week 1 measures.
2. Introduce yourself to one another and the class.
3. Review the verse, theme, and goals for Week 1.
4. Review the Week 1 “Christian Meditation Instructions” and “Moving and Walking with God Instructions” handouts.
5. Discuss the handouts as a group, asking any questions you might have.
6. Complete the Week 1 activity—moving and walking with God—with the instructors.
7. Briefly discuss your experience as a group.
8. Review the Week 1 “Personal Practice” handout.
9. Practice moving and walking with God every day, using the Week 1 “Personal Practice” handout.

Week 1 Christian Meditation Instructions¹³

With Christian meditation, we are thinking deeply about God’s attributes, actions, and promises, turning to Scripture for guidance. The Puritans—Christians from 16th and 17th century England who were fully committed to applying biblical teachings to daily life—developed a specific strategy for focusing on God in order to deepen their experience of him. Based on a review of key Puritan writings, the following eight steps are offered to help you move from a preoccupation with daily stress to an awareness of God’s active, loving presence.

In addition, Brother Lawrence—a Medieval sandal maker and dish washer—wrote *The Practice of the Presence of God*, offering a strategy to recognize God’s active presence in daily life. By “slowly,” “carefully,” “deliberately,” “gently,” and “lovingly” engaging in daily tasks, he argued we can have an ongoing conversation with God throughout our day.¹⁴ His useful, fitting instructions are integrated into the below eight-step strategy so you can meditate on God’s word as you engage in moving and walking. In doing so, you will be engaging in “reappraisal” and “selective attention,” both types of emotion-focused coping.¹⁵

Once you learn this eight-step meditative approach, you will be applying a two-step version (see below) to moving and walking with God.

1. Choose a biblical topic to focus all your attention on during a designated daily task.
2. Say a short prayer to God, asking him to guide you during the meditative practice and designated daily task.
3. Shift your focus from “earthly-mindedness” to “heavenly-mindedness,” letting go of your preoccupation with stressful life events and shifting towards a single point of focus—a short passage in Scripture that reveals the biblical topic—during the designated task.
4. “Slowly,” “carefully,” “deliberately,” “gently,” and “lovingly” repeat the passage in Scripture with focused, sustained attention as you complete the designated task as an act of worship to God.
5. Begin to move from your “brain” to your “heart,” focusing on the feeling that corresponds with the biblical topic and short passage in Scripture during the designated task.
6. Deeply experience the feeling that corresponds with the biblical topic and passage in Scripture during the designated task.
7. As you conclude the meditation, make a commitment to act on what you have just focused all your attention on by extending God’s loving presence to others throughout your day in a Christ-like manner.
8. Say a short prayer to God, thanking him for revealing himself to you via the biblical topic and short passage in Scripture and asking him to be present throughout the rest of your day.

¹³ This exercise is slightly modified from Knabb (2018, p. 179), and based on Ball (2016), Baxter (2015), Beeke and Jones (2012), Hall (2016), Lawrence (2015), and Watson (2012).

¹⁴ Lawrence (2015, p. 38).

¹⁵ Lazarus (2006) and Lazarus and Folkman (1984).

A Two-Step Version¹⁶

Below is a condensed, two-step version that can be used as you move and walk with God. During Week 1, you will be repeating a passage from the 139th Psalm: “Your hand will guide me, your right hand will hold me fast.” From our perspective, this passage captures the love and safety that flow from God in each passing moment as you respond to the stressors of life.

1. Meditate: “Slowly,” “carefully,” “deliberately,” “gently,” and “lovingly” recite “Your hand will guide me, your right hand will hold me fast” with focused, sustained attention as you complete the designated moving or walking activity.
2. Feel: Deeply experience the feeling of safety that comes from God, letting go of everything else as you engage in the moving or walking activity in an act of worship to God.

Repeat this two-step process (“meditate” and “feel”) over and over again during the allotted time and designated moving or walking task.

¹⁶ The two-step version is based on Ball (2016), Baxter (2015), Beeke and Jones (2012), Hall (2016), Lawrence (2015), and Watson (2012).

Week 1 Moving and Walking with God Instructions

Basic Movement Instructions

In class (as well as for each day of the week thereafter), you will begin and end with a 5-minute basic postural routine while engaging in a two-step process: “Meditate” on God’s Word and “feel” God’s presence.

Walking Instructions

In class (as well as for each day of the week thereafter), you will engage in a daily low intensity walking exercise consisting of 20 minutes at a self-selected pace, integrating a two-step process: “Meditate” on God’s Word and “feel” God’s presence. Your intensity will be defined based on the validated “talk test,” rather than an individual prescription based on your heart rate or rating of perceived exertion. In other words, you will walk at a pace that enables you to still have a conversation with someone else. Specifically, you will walk at an intensity that allows you to speak several sentences in a conversational manner while walking, given that research has demonstrated that individuals who pass the talk test are within the accepted guidelines for low-to-moderate exercise intensity.¹⁷

Integrating Moving and Walking with Christian Meditation¹⁸

As you move and walk with God, you will be gently repeating in your mind a passage from the 139th Psalm: “Your hand will guide me, your right hand will hold me fast.” Integrate the below two steps into your movement and walking routine.

1. Meditate: “Slowly,” “carefully,” “deliberately,” “gently,” and “lovingly” recite “Your hand will guide me, your right hand will hold me fast” with focused, sustained attention as you complete the designated moving or walking activity.
2. Feel: Deeply experience the feeling of safety that comes from God, letting go of everything else as you engage in the moving or walking activity in an act of worship to God.

To begin, you will complete 5 minutes of postures while reciting “Your hand will guide me, your right hand will hold me fast,” feeling God’s safety in the process.

- Lateral lunge left with shoulder abduction (1 minute)
- Lunge left with shoulder flexion (1 minute)
- Lateral lunge right with shoulder abduction (1 minute)
- Lunge right with shoulder flexion (1 minute)

¹⁷ Quinn and Coon (2011); Volker et al. (2002).

¹⁸ The two-step version is based on Ball (2016), Baxter (2015), Beeke and Jones (2012), Hall (2016), Lawrence (2015), and Watson (2012).

- Heel lift with shoulder flexion, shoulder abduction, scapular retract, and shoulder extension (15 seconds each)

Next, you will engage in 20 minutes of walking (your pace will be established with the previously mentioned “talk test”) while meditating on the selected passage and feeling God’s safety.

Finally, you will conclude with 5 minutes of postures. Hold each posture for three repetitions. Breathe in with “Your hand will guide me,” then breathe out with “your right hand will hold me fast,” feeling God’s safety in the process.

- Adductor squat
- Reverse Hamstring
- Standing or kneeling hip extension
- Kneeling (or standing with chair) thoracic extension
- Sitting or prone hip and knee flexion left and right
- Look up and stretch your right hand toward heaven while saying, “Your hand will guide me, your right hand will hold me fast.”

Whether moving or walking, remember to repeat the two-step process (“meditate” and “feel”) over and over again during the allotted time and designated task.

Week 1 Personal Practice¹⁹

Name: _____

Each day this week, practice the moving and walking exercise from class for 30 minutes. Please fill out this form every day this week. Include any special comments that help you to document your experience.

Day/Date	Practice (Yes/No)	Comments
Wednesday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "Your hand will guide me, your right hand will hold me fast"):	
Thursday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "Your hand will guide me, your right hand will hold me fast"):	
Friday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "Your hand will guide me, your right hand will hold me fast"):	
Saturday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative	

¹⁹ This form is adapted from Segal et al. (2012).

	Process: "Your hand will guide me, your right hand will hold me fast"):	
Sunday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "Your hand will guide me, your right hand will hold me fast"):	
Monday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "Your hand will guide me, your right hand will hold me fast"):	
Tuesday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "Your hand will guide me, your right hand will hold me fast"):	

Week 2: Shifting Your Focus from Daily Stress to God

Week 2 Verse

“Lord, you alone are my portion and my cup; you make my lot secure. The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance. I will praise the Lord, who counsels me; even at night my heart instructs me. I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure, because you will not abandon me to the realm of the dead, nor will you let your faithful one see decay. You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand” (Psalm 16:5-11).

Week 2 Theme

Daily stress is inevitable. In a fast-paced world, we will certainly experience a wide variety of demands, challenges, and obstacles, many of which we cannot avoid or change. Yet, in the midst of the busyness of life, God is our “portion” and “cup,” offering us counsel, safety, and rest because of his enduring, unchanging presence. This week, you will be deepening your awareness of the safety and comfort that come from God, asking God to fill you with his presence, as the 16th Psalm reveals.

Week 2 Goals

1. Recognize that keeping your eyes on God can help you to change the way you experience stress, given that God is your source of strength and comfort during stressful life events.
2. Utilize daily moving and walking as a vehicle through which you can meditate on God’s attributes, actions, and promises to effectively respond to daily stress.

Week 2 Tasks

1. Turn in the Week 1 “Personal Practice” handout.
2. Review the verse, theme, and goals for Week 2.
3. Review the Week 2 “Christian Meditation Instructions” and “Moving and Walking with God Instructions” handouts.
4. Discuss the handouts as a group, asking any questions you might have.
5. Complete the Week 2 activity—moving and walking with God—with the instructors.
6. Briefly discuss your experience as a group.
7. Review the Week 2 “Personal Practice” handout.
8. Practice moving and walking with God every day, using the Week 2 “Personal Practice” handout.

Week 2 Christian Meditation Instructions²⁰

Below is a condensed, two-step version that can be used as you move and walk with God this week. During Week 2, you will be repeating a passage from the 16th Psalm: “Lord, fill me with joy in your presence.” From our perspective, this passage captures the joy that comes from spending time with God, even in the midst of the stressors of life.

1. Meditate: “Slowly,” “carefully,” “deliberately,” “gently,” and “lovingly” recite “Lord, fill me with joy in your presence” with focused, sustained attention as you complete the designated moving or walking activity.
2. Feel: Deeply experience the feeling of joy that comes from God, letting go of everything else as you engage in the moving or walking activity as an act of worship to God.

Whether moving or walking, remember to repeat the two-step process (“meditate” and “feel”) over and over again during the allotted time and designated task.

²⁰ This exercise is based on Ball (2016), Baxter (2015), Beeke and Jones (2012), Hall (2016), Lawrence (2015), and Watson (2012).

Week 2 Moving and Walking with God Instructions

Basic Movement Instructions

In class (as well as for each day of the week thereafter), you will begin and end with a 5-minute basic postural routine while engaging in a two-step process: “Meditate” on God’s Word and “feel” God’s presence.

Walking Instructions

In class (as well as for each day of the week thereafter), you will engage in a daily low intensity walking exercise consisting of 20 minutes at a self-selected pace, integrating a two-step process: “Meditate” on God’s Word and “feel” God’s presence. Your intensity will be defined based on the validated “talk test,” rather than an individual prescription based on your heart rate or rating of perceived exertion. In other words, you will walk at a pace that enables you to still have a conversation with someone else. Specifically, you will walk at an intensity that allows you to speak several sentences in a conversational manner while walking, given that research has demonstrated that individuals who pass the talk test are within the accepted guidelines for low-to-moderate exercise intensity.²¹

Integrating Moving and Walking with Christian Meditation²²

As you move and walk with God, you will be gently repeating in your mind a passage from the 16th Psalm: “Lord, fill me with joy in your presence.” Integrate the below two steps into your movement and walking routine.

1. Meditate: “Slowly,” “carefully,” “deliberately,” “gently,” and “lovingly” recite “Lord, fill me with joy in your presence” with focused, sustained attention as you complete the designated moving or walking activity.
2. Feel: Deeply experience the feeling of joy that comes from God, letting go of everything else as you engage in the moving or walking activity in an act of worship to God.

To begin, you will complete 5 minutes of postures while reciting “Lord, fill me with joy in your presence,” feeling the joy that comes from God in the process.

- Lateral lunge left with shoulder abduction (1 minute)
- Lunge left with shoulder flexion (1 minute)
- Lateral lunge right with shoulder abduction (1 minute)
- Lunge right with shoulder flexion (1 minute)

²¹ Quinn and Coon (2011); Volker et al. (2002).

²² The two-step version is based on Ball (2016), Baxter (2015), Beeke and Jones (2012), Hall (2016), Lawrence (2015), and Watson (2012).

- Heel lift with shoulder flexion, shoulder abduction, scapular retract, and shoulder extension (15 seconds each)

Next, you will engage in 20 minutes of walking (your pace will be established with the previously mentioned “talk test”) while meditating on the selected passage and feeling the joy that comes from God.

Finally, you will conclude with 5 minutes of postures. Hold each posture for three repetitions. Breathe in with “Lord, fill me with joy in your presence,” then breathe out, feeling the joy that comes from God in the process.

- Adductor squat
- Reverse Hamstring
- Standing or kneeling hip extension
- Kneeling (or standing with chair) thoracic extension
- Sitting or prone hip and knee flexion left and right
- Look up and stretch both hands (with palms up) toward heaven while saying, “Lord, fill me with joy in your presence,” maintaining a victory pose in the process

Whether moving or walking, remember to repeat the two-step process (“meditate” and “feel”) over and over again during the allotted time and designated task.

Week 2 Personal Practice²³

Name: _____

Each day this week, practice the moving and walking exercise from class for 30 minutes. Please fill out this form every day this week. Include any special comments that help you to document your experience.

Day/Date	Practice (Yes/No)	Comments
Wednesday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "Lord, fill me with joy in your presence"):	
Thursday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "Lord, fill me with joy in your presence"):	
Friday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "Lord, fill me with joy in your presence"):	
Saturday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "Lord, fill me with joy in your presence"):	

²³ This form is adapted from Segal et al. (2012).

<p>Sunday Date: _____</p>	<p>30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "Lord, fill me with joy in your presence"):</p>	
<p>Monday Date: _____</p>	<p>30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "Lord, fill me with joy in your presence"):</p>	
<p>Tuesday Date: _____</p>	<p>30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "Lord, fill me with joy in your presence"):</p>	

Week 3: Walking with God

Week 3 Verse

“Trust in the Lord and do good; dwell in the land and enjoy safe pasture. Take delight in the Lord and he will give you the desires of your heart. Commit your way to the Lord; trust in him and he will do this: He will make your righteous reward shine like the dawn, your vindication like the noonday sun. Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes...The Lord makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the Lord upholds him with his hand” (Psalm 37:3-7, 23-24).

Week 3 Theme

Whether daily stress comes from family life, work life, or troubled relationships, God is in control. Because of this, we can trust in God’s care, and rest in his safety. In fact, we are called to “delight in the Lord,” “be still,” and “wait patiently for him.” When we do so, God “upholds” us as we walk with him. This week, you will continue to practice God’s presence, focusing on giving control over to God and allowing God to make your steps firm, as the 37th Psalm reveals.

Week 3 Goals

1. Recognize that God is in control, guiding your steps as you experience stress. Because of this, you can let go of your need to change people, circumstances, and other stressors as you rest in God’s “safe pasture.”
2. Utilize daily moving and walking as a vehicle through which you can meditate on God’s attributes, actions, and promises to effectively respond to daily stress.

Week 3 Tasks

1. Turn in the Week 2 “Personal Practice” handout.
2. Review the verse, theme, and goals for Week 3.
3. Review the Week 3 “Christian Meditation Instructions” and “Moving and Walking with God Instructions” handouts.
4. Discuss the handouts as a group, asking any questions you might have.
5. Complete the Week 3 activity—moving and walking with God—with the instructors.
6. Briefly discuss your experience as a group.
7. Review the Week 3 “Personal Practice” handout.
8. Practice moving and walking with God every day, using the Week 3 “Personal Practice” handout.

Week 3 Christian Meditation Instructions²⁴

Below is a condensed, two-step version that can be used as you move and walk with God this week. During Week 3, you will be repeating a passage that is slightly modified from the 37th Psalm: “The Lord makes firm my steps as I delight in him.” From our perspective, this passage captures the delight that comes from handing over control to God, especially when the stressors of life are unavoidable or unchangeable.

1. Meditate: “Slowly,” “carefully,” “deliberately,” “gently,” and “lovingly” recite “The Lord makes firm my steps as I delight in him” with focused, sustained attention as you complete the designated moving or walking activity.
2. Feel: Deeply experience the feeling of delight that comes from God, letting go of everything else as you engage in the moving or walking activity as an act of worship to God.

Whether moving or walking, remember to repeat the two-step process (“meditate” and “feel”) over and over again during the allotted time and designated task.

²⁴ This exercise is based on Ball (2016), Baxter (2015), Beeke and Jones (2012), Hall (2016), Lawrence (2015), and Watson (2012).

Week 3 Moving and Walking with God Instructions

Basic Movement Instructions

In class (as well as for each day of the week thereafter), you will begin and end with a 5-minute basic postural routine while engaging in a two-step process: “Meditate” on God’s Word and “feel” God’s presence.

Walking Instructions

In class (as well as for each day of the week thereafter), you will engage in a daily low intensity walking exercise consisting of 20 minutes at a self-selected pace, integrating a two-step process: “Meditate” on God’s Word and “feel” God’s presence. Your intensity will be defined based on the validated “talk test,” rather than an individual prescription based on your heart rate or rating of perceived exertion. In other words, you will walk at a pace that enables you to still have a conversation with someone else. Specifically, you will walk at an intensity that allows you to speak several sentences in a conversational manner while walking, given that research has demonstrated that individuals who pass the talk test are within the accepted guidelines for low-to-moderate exercise intensity.²⁵

Integrating Moving and Walking with Christian Meditation²⁶

As you move and walk with God, you will be gently repeating in your mind a slightly modified passage from the 37th Psalm: “The Lord makes firm my steps as I delight in him.” Integrate the below two steps into your movement and walking routine.

3. Meditate: “Slowly,” “carefully,” “deliberately,” “gently,” and “lovingly” recite “The Lord makes firm my steps as I delight in him” with focused, sustained attention as you complete the designated moving or walking activity.
4. Feel: Deeply experience the feeling of delight that comes from God, letting go of everything else as you engage in the moving or walking activity in an act of worship to God.

To begin, you will complete 5 minutes of postures while reciting “The Lord makes firm my steps as I delight in him,” feeling the delight that comes from God in the process.

- Lateral lunge left with shoulder abduction (1 minute)
- Lunge left with shoulder flexion (1 minute)
- Lateral lunge right with shoulder abduction (1 minute)
- Lunge right with shoulder flexion (1 minute)

²⁵ Quinn and Coon (2011); Volker et al. (2002).

²⁶ The two-step version is based on Ball (2016), Baxter (2015), Beeke and Jones (2012), Hall (2016), Lawrence (2015), and Watson (2012).

- Heel lift with shoulder flexion, shoulder abduction, scapular retract, and shoulder extension (15 seconds each)

Next, you will engage in 20 minutes of walking (your pace will be established with the previously mentioned “talk test”) while meditating on the selected passage and feeling the delight of God.

Finally, you will conclude with 5 minutes of postures. Hold each posture for three repetitions. Breathe in with “The Lord makes firm my steps,” then breathe out with “as I delight in Him,” feeling the delight that comes from God in the process.

- Adductor squat
- Reverse Hamstring
- Standing or kneeling hip extension
- Kneeling (or standing with chair) thoracic extension
- Sitting or prone hip and knee flexion left and right
- Look up and stretch your right hand toward heaven while saying, “The Lord makes firm my steps as I delight in him,” maintaining a stability pose in the process

Whether moving or walking, remember to repeat the two-step process (“meditate” and “feel”) over and over again during the allotted time and designated task.

Week 3 Personal Practice²⁷

Name: _____

Each day this week, practice the moving and walking exercise from class for 30 minutes. Please fill out this form every day this week. Include any special comments that help you to document your experience.

Day/Date	Practice (Yes/No)	Comments
Wednesday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "The Lord makes firm my steps as I delight in him"):	
Thursday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "The Lord makes firm my steps as I delight in him"):	
Friday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "The Lord makes firm my steps as I delight in him"):	
Saturday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative	

²⁷ This form is adapted from Segal et al. (2012).

	Process: "The Lord makes firm my steps as I delight in him"):	
Sunday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "The Lord makes firm my steps as I delight in him"):	
Monday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "The Lord makes firm my steps as I delight in him"):	
Tuesday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "The Lord makes firm my steps as I delight in him"):	

Week 4: Resting in the Hope of God

Week 4 Verse

“Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken...Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge” (Psalm 62:1-2, 5-8).

Week 4 Theme

As we begin the fourth and final week of the program, we want to place our hope in God during stressful life experiences. As our “rock,” we can find much-needed rest in knowing he is our “fortress,” a trustworthy source of refuge during the battles of life. Certainly, he offers Christians salvation; because of this, we can be confident in knowing the stressors we experience will eventually be resolved in his perfect timing. Although we live in a fallen world, God has redeemed us, and will eventually return to restore all things.

Week 4 Goals

1. Practice placing your hope in God—rather than your unilateral efforts to resolve the inevitable stressors in life. Because God is your “rock,” “fortress,” and “refuge,” you can safely rest in his presence in the midst of the battles that surround you.
2. Utilize daily moving and walking as a vehicle through which you can meditate on God’s attributes, actions, and promises to effectively respond to daily stress.

Week 4 Tasks

1. Turn in the Week 3 “Personal Practice” handout.
2. Review the verse, theme, and goals for Week 4.
3. Review the Week 4 “Christian Meditation Instructions” and “Moving and Walking with God Instructions” handouts.
4. Discuss the handouts as a group, asking any questions you might have.
5. Complete the Week 4 activity—moving and walking with God.
6. Briefly discuss your experience as a group.
7. Review the Week 4 “Personal Practice” handout.
8. Practice moving and walking with God every day, using the Week 4 “Personal Practice” handout.
9. Turn in the Week 4 “Personal Practice” handout and Week 4 measures at the end of the week.

Week 4 Christian Meditation Instructions²⁸

Below is a condensed, two-step version that can be used as you move and walk with God this week. During Week 4, you will be repeating a passage from the 62nd Psalm: “My soul finds rest in God; my salvation comes from him.” From our perspective, this passage captures the restful hope that comes from God, the source of our salvation, especially when we struggle with the inevitable stressors of daily living.

1. Meditate: “Slowly,” “carefully,” “deliberately,” “gently,” and “lovingly” recite “My soul finds rest in God; my salvation comes from him” with focused, sustained attention as you complete the designated moving or walking activity.
2. Feel: Deeply experience the feeling of hope that comes from God, letting go of everything else as you engage in the moving or walking activity as an act of worship to God.

Whether moving or walking, remember to repeat the two-step process (“meditate” and “feel”) over and over again during the allotted time and designated task.

²⁸ This exercise is based on Ball (2016), Baxter (2015), Beeke and Jones (2012), Hall (2016), Lawrence (2015), and Watson (2012).

Week 4 Moving and Walking with God Instructions

Basic Movement Instructions

In class (as well as for each day of the week thereafter), you will begin and end with a 5-minute basic postural routine while engaging in a two-step process: “Meditate” on God’s Word and “feel” God’s presence.

Walking Instructions

In class (as well as for each day of the week thereafter), you will engage in a daily low intensity walking exercise consisting of 20 minutes at a self-selected pace, integrating a two-step process: “Meditate” on God’s Word and “feel” God’s presence. Your intensity will be defined based on the validated “talk test,” rather than an individual prescription based on your heart rate or rating of perceived exertion. In other words, you will walk at a pace that enables you to still have a conversation with someone else. Specifically, you will walk at an intensity that allows you to speak several sentences in a conversational manner while walking, given that research has demonstrated that individuals who pass the talk test are within the accepted guidelines for low-to-moderate exercise intensity.²⁹

Integrating Moving and Walking with Christian Meditation³⁰

As you move and walk with God, you will be gently repeating in your mind a passage from the 62nd Psalm: “My soul finds rest in God; my salvation comes from him.” Integrate the below two steps into your movement and walking routine.

5. Meditate: “Slowly,” “carefully,” “deliberately,” “gently,” and “lovingly” recite “My soul finds rest in God; my salvation comes from him” with focused, sustained attention as you complete the designated moving or walking activity.
6. Feel: Deeply experience the feeling of hope that comes from God, letting go of everything else as you engage in the moving or walking activity in an act of worship to God.

To begin, you will complete 5 minutes of postures while meditating on “The Lord makes firm my steps as I delight in him” and feeling the hope that comes from God.

- Lateral lunge left with shoulder abduction (1 minute)
- Lunge left with shoulder flexion (1 minute)
- Lateral lunge right with shoulder abduction (1 minute)
- Lunge right with shoulder flexion (1 minute)

²⁹ Quinn and Coon (2011); Volker et al. (2002).

³⁰ The two-step version is based on Ball (2016), Baxter (2015), Beeke and Jones (2012), Hall (2016), Lawrence (2015), and Watson (2012).

- Heel lift with shoulder flexion, shoulder abduction, scapular retract, and shoulder extension (15 seconds each)

Next, you will engage in 20 minutes of walking (your pace will be established with the previously mentioned “talk test”) while meditating on the selected passage and feeling the hope that comes from God.

Finally, you will conclude with 5 minutes of postures. Hold each posture for three repetitions. Breathe in “My soul finds rest in God,” then breathe out on “my salvation comes from Him,” feeling the hope that comes from God in the process.

- Adductor squat
- Reverse Hamstring
- Standing or kneeling hip extension
- Kneeling (or standing with chair) thoracic extension
- Sitting or prone hip and knee flexion left and right
- Stand in the anatomical position with your eyes closed, elbows bent, and palms facing up while saying, “My soul finds rest in God; my salvation comes from Him,” conveying neutral receivership of God’s promises

Whether moving or walking, remember to repeat the two-step process (“meditate” and “feel”) over and over again during the allotted time and designated task.

Week 4 Practice³¹

Name: _____

Each day this week, practice the moving and walking exercise from class for 30 minutes. Please fill out this form every day this week. Include any special comments that help you to document your experience.

Day/Date	Practice (Yes/No)	Comments
Wednesday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "My soul finds rest in God; my salvation comes from him"):	
Thursday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "My soul finds rest in God; my salvation comes from him"):	
Friday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "My soul finds rest in God; my salvation comes from him"):	
Saturday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative	

³¹ This form is adapted from Segal et al. (2012).

	Process: "My soul finds rest in God; my salvation comes from him"):	
Sunday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "My soul finds rest in God; my salvation comes from him"):	
Monday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "My soul finds rest in God; my salvation comes from him"):	
Tuesday Date: _____	30-Minute Moving and Walking with God (Movement and Walking Exercises Combined with the Two-Step Meditative Process: "My soul finds rest in God; my salvation comes from him"):	

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