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## Grounding yourself on the Lord and in His Word

### Acts 2:25-26 New International Version (NIV)

25 David said about him:

“I saw the Lord always before me.  
Because He is at my right hand,  
I will not be shaken.

26 Therefore my heart is glad and my tongue rejoices;  
my body also will rest in hope ...

Grounding is an exercise designed to help you create a “pause” in your present circumstances. It may last for a few moments when you are in a quiet place alone or may be done quite quickly in silence while you are in a crowded meeting room or chaotic family environment.

By slowing down imperceptibly, you engage with your present circumstances in a different way. Through grounding on the Word, you are reminded that the Lord Jesus Christ is always before you, at your right hand (see *Acts 2 reference above*). This shift helps bring a sense of peace to your body, soul, and spirit, giving you an opportunity to approach your situation in a new, refreshed, and focused manner.

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1. First, connect to your physical body by feeling your feet on the floor. Using that sensation, remind yourself that Christ is your firm, unshakable foundation (*Psalms 18:2*).
2. As you breathe in and out slowly, call to your mind a scripture or statement that is meaningful to you (see *scripture suggestions below*).
3. Repeat this phrase to yourself either out loud or silently. Sense your spirit respond to this Word.
4. Continue breathing in and out slowly, knowing each and every breath is a gift from God (*Job 33:4*).
5. If your thoughts start to wander or race, refocus on your breath.
6. Rest in this place for as long as time allows (*Matthew 11:28-29*).
7. Close by thanking the Lord for giving you everything you need to face this moment in your life. Be renewed with the knowledge that your sufficiency comes from Christ. The joy of the Lord is your strength (*Nehemiah 8:10*).

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Scriptures you may reflect on during this exercise may include:

- John 10:10
- Acts 2:25-26
- Romans 8:28
- Romans 14:17
- Ephesians 4:23-24
- Philippians 2:5
- Philippians 4:6-7
- Colossians 2:6-7
- Colossians 3:2
- 1 Corinthians 2:16
- 2 Corinthians 5:21
- 1 Peter 5:7