

Outstretched in Worship
Theme for May
Love

Great news! Yoga helps us love our bodies—just as they are!

How can this be? Think about the instructions you hear in class:

“Take care of your body!”

“Notice your alignment.”

“Do what you are ready for today.”

“Challenge yourself, but don’t overdo it!”

“You have the rest of your life to do yoga, so be patient with yourself.”

“Let go of tension. Relax. Enjoy.”

These words of encouragement are based on our belief that our bodies are a precious gift from God, born of His love for us. All good gifts come from Him, and He desires us to care for them—to use them wisely and for His glory. Scripture tells us that our bodies are the temples of the Holy Spirit!

God even compares His Church to a body, with Christ as the Head. His Word reminds us that just as every part of our body is important and has its special function, every part of His family is equally important. All believers are uniquely gifted and called to make their own vital contributions.

King David marveled at his body, declaring it *“fearfully and wonderfully made”* (Psalm 139). The more we practice yoga, the more we realize the truth of David’s words. So we pay our bodies respect, and we attend to those parts we had once neglected, like our feet, hands, shoulders, abdominal core, lungs, or spine. We’re not waiting until some part hurts to care for it!

Greater/Greatest News: God loves us—just as we are! God also helps us love ourselves just as we are, and others just as they are!

From Genesis to Revelation, the Bible overflows with the good news of God’s love. Amazing Grace isn’t simply a song: it is a truth revealed to us over and over in Scripture. John 3:16 declares this amazing truth:

*“For God so loved the world that He gave His one and only Son,
that whoever believes in Him shall not perish but have eternal life.”*

In Mark 12, Jesus teaches what God desires of us and for us:

*“Love the Lord your God with all your heart and with all your soul and
with all your mind and with all your strength,” and “Love your neighbor as yourself.”*

*May we continue to care for the gift of our bodies and root ourselves in God’s love.
Relying on His Holy Spirit within us, may we glorify God by living out Christ’s sacrificial love.
In so doing, we will find our highest purpose and our deepest joy.*