Journal



By Noël Neff

Designed to be used with each episode of
The Somatic Christian

Welcome

This journal was designed to accompany each episode of *The Somatic Christian* podcast. It is my hope that you will be blessed by both the podcast and this journal and will grow in your faith and somatic awareness because of both.

Each section of the journal corresponds to the following three-fold approach:

1. NOTICE (BODY CHECK-IN) Learn to spot early physical signals of stress, tension, or overwhelm – like shallow breathing, a tight jaw, or racing thoughts – before you hit burnout.
2. ANCHOR (NERVOUS SYSTEM & SCRIPTURE RESET) Use simple, tangible tools – such as slow breathing, posture shifts, and short Scripture anchors – to settle your body and reconnect with God's steady presence.
3. APPLY (EVERYDAY HABITS) Turn each insight into one small, repeatable practice you can use right away in real moments like busy mornings, tough conversations, or bedtime wind-downs.

BLESSINGS,

Noël

Come to me, all of you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

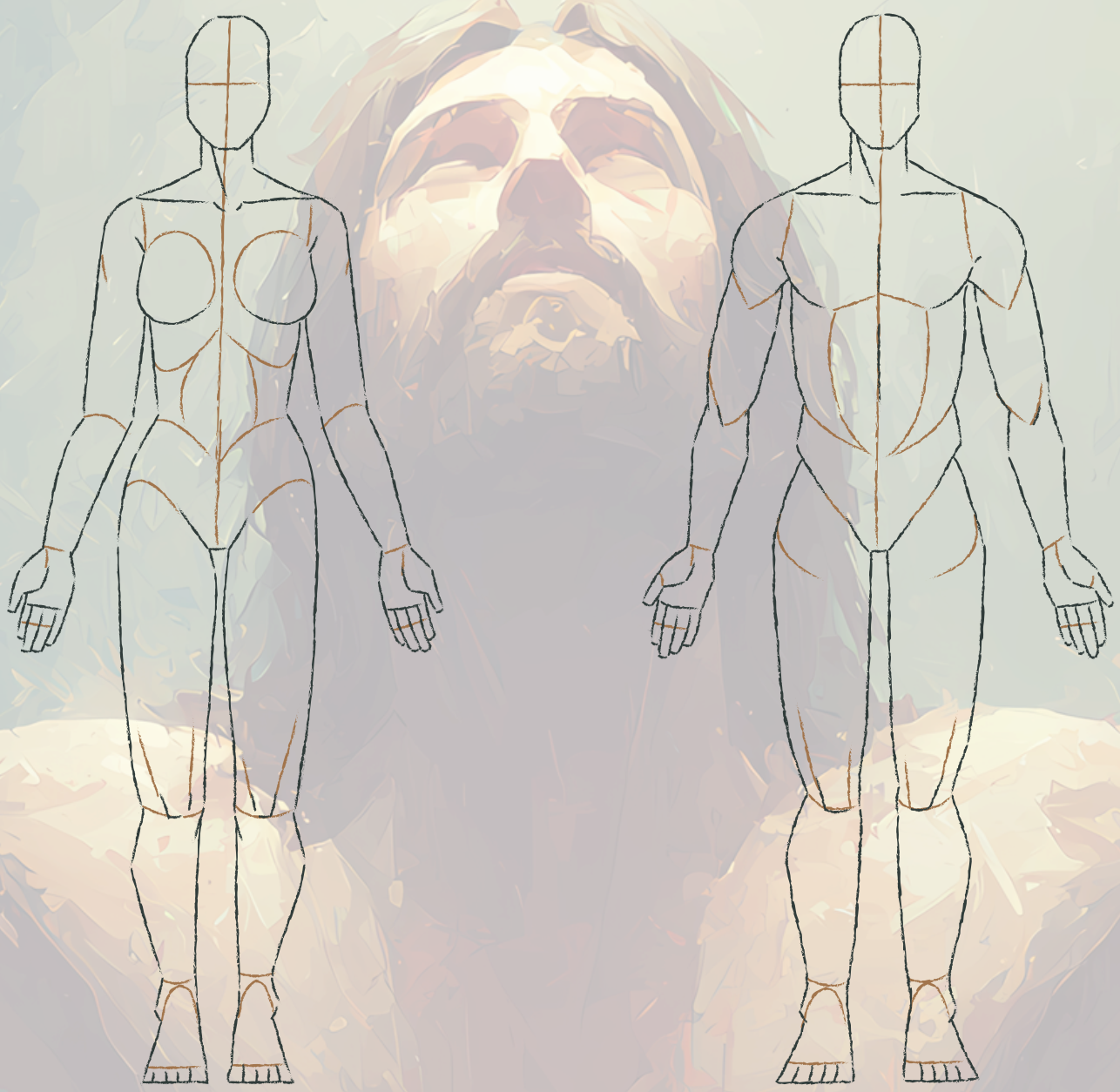
Matthew 11:28-30

(CSB)

#1 Notice

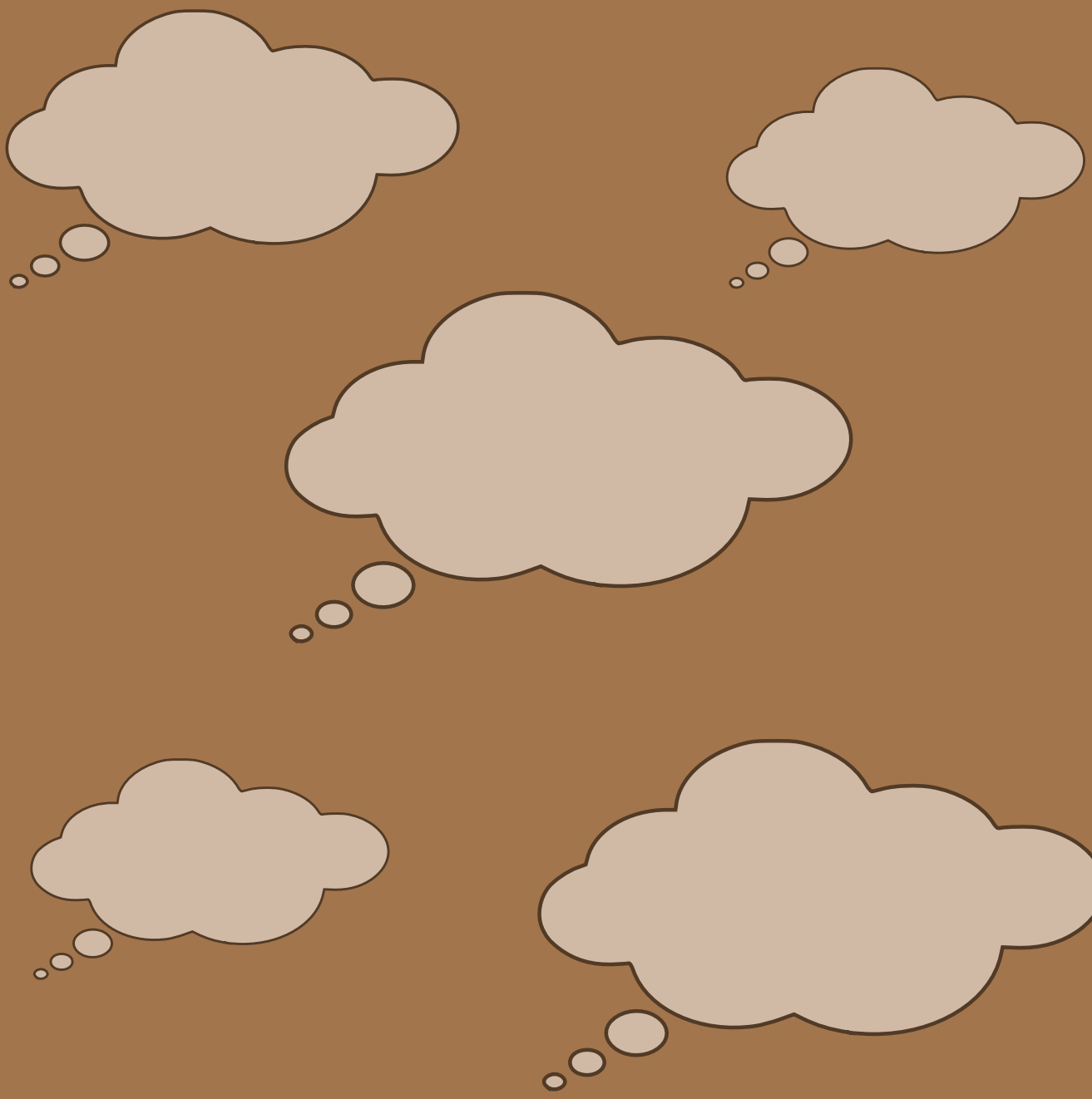
(BODY CHECK-IN) Learn to spot early physical signals of stress, tension, or overwhelm – like shallow breathing, a tight jaw, or racing thoughts – before you hit burnout.

Scan Your Body



Circle any areas of tightness or tension

Check-In With Your Thoughts



In each thought bubble: write down the negative or racing thoughts you have had this week

#2 Anchor

(NERVOUS SYSTEM & SCRIPTURE RESET) Use simple, tangible tools – such as slow breathing, posture shifts, and short Scripture anchors – to settle your body and reconnect with God's steady presence.

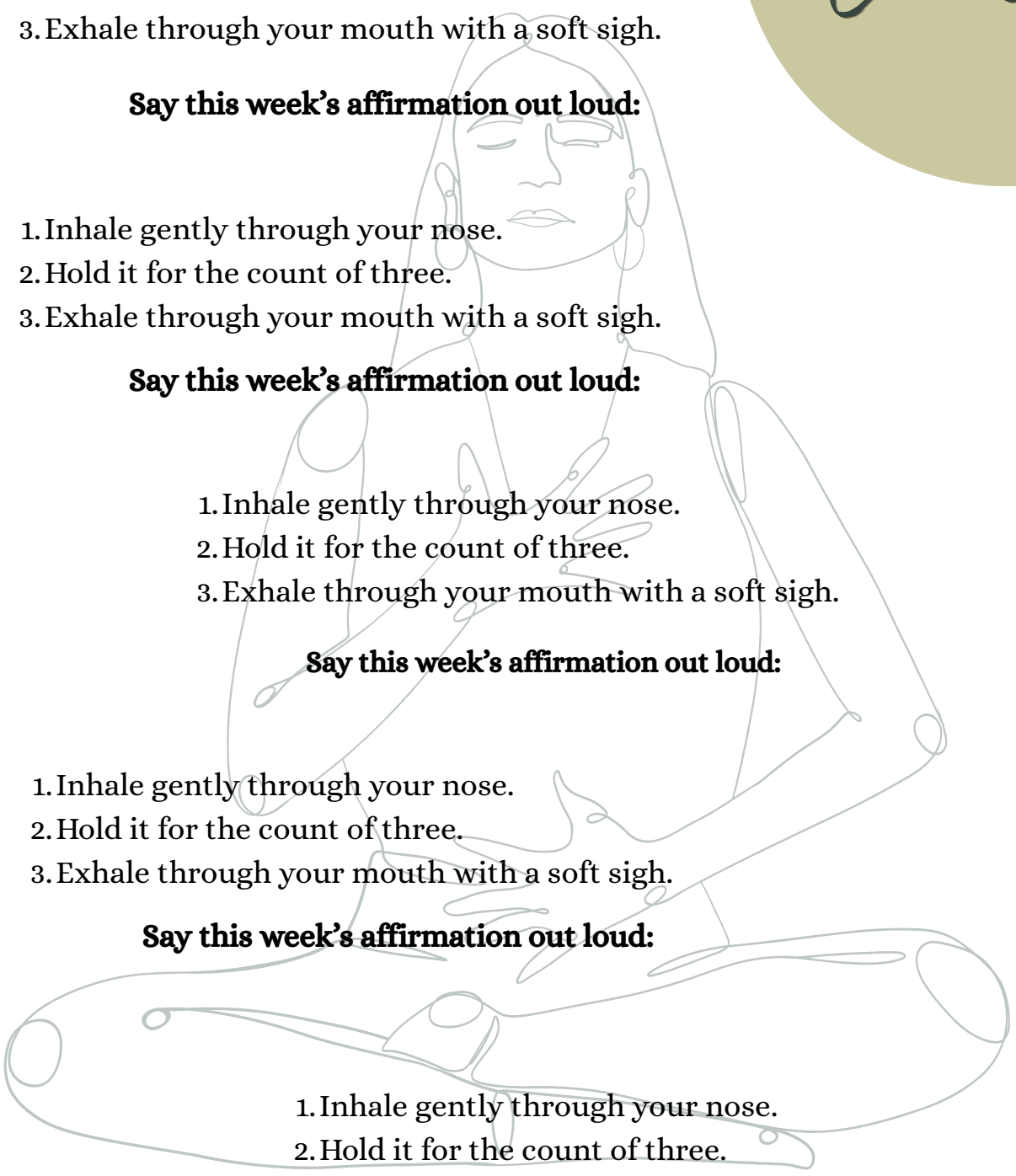
Affirmations can be found in each episode of the podcast

Write down this week's affirmation

Breathing Exercise

1. Inhale gently through your nose.
2. Hold it for the count of three.
3. Exhale through your mouth with a soft sigh.

Say this week's affirmation out loud:



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Write down this week's Scripture verse

Reflection

How did this episode reaffirm your faith?

What did the Scripture "anchor" teach you?

What did you learn from this week's affirmation?

How has your somatic Christian practice grown this week?



Notes

Pray About this Week

Amen



#3 Apply

(EVERYDAY HABITS) Turn each insight into one small, repeatable practice you can use right away in real moments like busy mornings, tough conversations, or bedtime wind-downs.

How will you practice what you have learned from this episode of The Somatic Christian?





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May your week be blessed!

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