

**YogaXoga LLC**  
**Christ-Centered Affirmation: God's Word**

**Releasing all tightness and tension. Releasing all control.**  
**Releasing all thoughts, plans and worries to the Lord.**  
**Taking this hour to let go and be still and know that He is God. Tuning out the**  
**world's frequency and tuning into God's voice, His presence.**

**Breathing**

**Acts 17:10-12**

As soon as it was night, the brothers sent Paul and Silas away to Berea. On arriving there, they went to the Jewish synagogue. Now the Bereans were of more noble character than the Thessalonians, for they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true. Many of the Jews believed, as did also a number of prominent Greek women and many Greek men.

**Childs Pose**

**Col 3:16-17**

Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

**Twist/Other Cool Down**

**Ps 18:30**

As for God, his way is perfect;  
the word of the LORD is flawless.  
He is a shield for all who take refuge in him.

**Ps 119:105-107**

Your word is a lamp to my feet  
and a light for my path.  
I have taken an oath and confirmed it,  
that I will follow your righteous laws.  
I have suffered much;  
preserve my life, O LORD, according to your word.

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**Matt 4:1-4**

Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."

Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"

**John 15:1-4**

"I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

**Relaxation**

**2 Tim 3:14-17**

But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it, **15** and how from infancy you have known the holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. **16** All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, **17** so that the man of God may be thoroughly equipped for every good work.

NIV

**Wrap-Up**

**Rom 15:4**

For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have hope.