

# TEMPLE MAINTENANCE



## *Praise* *in* Motion

A 5-DAY DEVOTIONAL *from* PSALM 103



Paul Eugene

# Praise In Motion

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# This Book Belongs To

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Walk this path at your own pace.

# INTRODUCTION

## Praise In Motion

Welcome to Praise in Motion.

This devotional was created from a simple truth: worship doesn't stop when the music ends—and it doesn't stay still. God designed our bodies to move, and when we offer that movement back to Him, it becomes an act of praise.

Psalm 103 reminds us to bless the Lord with all that is within us. Not just our words, but our breath. Not just our thoughts, but our bodies. Each day in this devotional invites you to reflect on God's goodness while engaging in gentle, joyful movement—whether that's rebounding, dancing, walking, or simply swaying in place.

This is not about performance. It's about presence.  
It's not about intensity. It's about intention.

As you move through these five days, allow your body to join your worship. Let gratitude rise with every step. Let healing flow as you move in faith. Let renewal meet you right where you are.  
Come as you are. Move as you can. Praise Him fully.

Paul Eugene

# About Paul Eugene

Hi, I'm Paul Eugene.

Since 1989, I've been inspiring the world to exercise body, soul, and spirit.

My ministry combines gentle exercise, joyful movement, Scripture, and encouragement so people can honor God with their whole being. Whether you're walking, dancing, using a chair, or simply lifting your hands in worship, I believe every movement can become an act of praise.

I'm honored you're here.

# Day 1 — Bless the Lord with All That Is Within Me

## Scripture

*“Bless the LORD, O my soul; all that is within me, bless His holy name.” – Psalm 103:1*

## Reflection

Worship is not something we do halfway. God invites us to bring all that is within us—our breath, our movement, our energy, and even our weariness. When you move your body in praise, you are offering God a living sacrifice. Every step, every bounce, every sway becomes a declaration: *God, You are worthy of all of me.*

## Faith in Motion:

As you move today, let your whole body join your praise. Don't hold back—this is worship from the inside out.

**What ways cannot you see yourself doing that?**

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## Prayer:

*Lord, I bless You with my whole being today. Let every part of me honor Your holy name. Amen.*

# PRAISE IN MOTION — Day 1

## Theme: Worship with Your Whole Being

### Scripture

*“Bless the LORD, O my soul; all that is within me, bless His holy name.” –  
Psalm 103:1*

### Movement Prompt

Stand or step onto your rebounder. Begin with gentle bouncing or swaying. Lift your arms as you move and let your body respond naturally to praise.

### Praise Declaration

“Lord, I bless You with all that is within me—my breath, my strength, and my movement.”

### Reflection Space

What does it mean for you to worship God with your whole being today?

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# Day 2— Don't Forget What God Has Done

## Scripture

*"Bless the LORD, O my soul, and do not forget all His kind deeds." – Psalm 103:2*

## Reflection

It's easy to remember what hurts and forget what heals. This verse calls us to pause and remember—God's faithfulness, His protection, His quiet mercies. Gratitude realigns our heart and restores our joy. When we remember what God has done, praise rises naturally.

## Faith in Motion:

With each movement today, name something God has done for you. Let gratitude fuel your praise.

**Write something(s) God has done for you.**

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## Prayer:

*Thank You, Lord, for every kindness I have received—seen and unseen. I choose to remember and give You praise. Amen.*

# PRAISE IN MOTION — Day 2

## Theme: Gratitude in Motion

### Scripture

“Bless the LORD, O my soul, and do not forget all His kind deeds.” –  
Psalm 103:2

### Movement Prompt

As you move, slow the pace. With each bounce or step, quietly name one blessing you are thankful for.

### Praise Declaration

“I will not forget Your goodness, Lord. I praise You for all You have done.”

### Reflection Space

What blessings surfaced as you moved in gratitude?

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# Day 3 — Forgiven and Healed

## Scripture

*“He who forgives all your iniquities and heals all your diseases.” – Psalm 103:3*

## Reflection

God is concerned with the whole person. He forgives our sins and heals our broken places. Healing may come instantly, gradually, or in ways we don't expect—but it always begins with His love. As you move your body, remember you are not dancing in shame—you are moving in grace.

## Faith in Motion:

Move gently and gratefully, trusting God with every area that needs healing—physical, emotional, or spiritual.

**What healing are you trusting God for?**

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## Prayer:

*Lord, thank You for Your forgiveness and healing touch. I receive Your grace today. Amen.*

# PRAISE IN MOTION — Day 3

## Theme: Grace, Forgiveness, and Healing

### Scripture

*“He who forgives all your iniquities and heals all your diseases.” – Psalm 103:3*

### Movement Prompt

Move gently today. Place one hand on your heart and one on your body as you bounce or sway, symbolizing God’s healing grace.

### Praise Declaration

“I receive Your forgiveness and healing, Lord—body, soul, and spirit.”

### Reflection Space

Where do you sense God inviting you to trust Him more deeply for healing?

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# Day 4 — Redeemed and Crowned with Love

## Scripture

*“He redeems your life from the Pit and crowns you with loving devotion and compassion.” – Psalm 103:4*

## Reflection

God didn’t just rescue you—He restored your worth. Redemption means your story is not over, and your past does not define you. You are crowned with love, not condemnation. When you praise, you stand as someone redeemed and deeply cherished.

## Faith in Motion:

Lift your head and move with confidence today. You are not forgotten you are crowned.

**What something God has redeemed you from?**

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## Prayer:

*Thank You, Lord, for lifting me out and surrounding me with Your love and compassion. I praise You for redemption. Amen.*

# PRAISE IN MOTION — Day 4

## Theme: Redemption and Identity

### Scripture

*“He redeems your life from the Pit and crowns you with loving devotion and compassion.” – Psalm 103:4*

### Movement Prompt

Lift your head and open your chest as you move. Let your posture reflect confidence and gratitude.

### Praise Declaration

“I am redeemed, restored, and crowned with Your love.”

### Reflection Space

How does knowing you are redeemed change the way you see yourself?

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# Day 5 — Renewed Like the Eagle

## Scripture

*“He satisfies you with good things, so that your youth is renewed like the eagle’s.” – Psalm 103:5*

## Reflection

God is in the business of renewal. Strength doesn’t always look like speed or intensity—it looks like perseverance, joy, and hope. As you move today, know that God is renewing you from the inside out. Your best days are not behind you when you walk with Him.

## Faith in Motion:

Move with joy and expectancy. Let your praise declare, *I am still being renewed.*

**What area in your life have you sense renewal?**

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## Prayer:

Lord, thank You for renewing my strength. I trust You to continue Your work in me. Amen.

# PRAISE IN MOTION — Day 5

## Theme: Renewal and Strength

### Scripture

*“He satisfies you with good things, so that your youth is renewed like the eagle’s.” – Psalm 103:5*

### Movement Prompt

Increase your movement slightly—still comfortable, still joyful. Let your energy reflect renewal and hope.

### Praise Declaration

“My strength is being renewed. I rise with joy and expectation.”

### Reflection Space

Where do you see God renewing your strength in this season?

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# CLOSING

As you come to the end of this devotional, remember Praise in Motion was never meant to be just five days.

Praise is a lifestyle. Movement is a gift. And worship is something you carry with you into every season of life.

When you feel strong, praise Him.

When you feel tired, praise Him.

When words fall short, let your movement speak.

Psalm 103 reminds us that God forgives, heals, redeems, and renews. The same God you praised through movement here walks with you beyond these pages—into your daily routines, your quiet moments, and your continued journey of faith.

May your body remain a vessel of worship.

May your soul stay anchored in gratitude.





And may your strength be renewed again and again.

Keep praising. Keep moving. Keep trusting.

Paul Eugene

# What if worship didn't stop at words?

Your Journey Doesn't End Here  
With four simple invitations:

-  Watch free Temple Maintenance Faith Fitness workouts on YouTube.
-  Listen to the My Soul Speaks podcast.
-  Join my newsletter.
-  Visit [PaulEugene.com](http://PaulEugene.com) for more resources.

