

The RAIN Technique

“Search me O God, and know my heart; try me and know my thoughts“ Psalm 139:23

Prepare

Mindful Check In, breathing & Prayer. Awareness of God’s Presence, Protection & Love

R-Recognize

Notice the emotion, Name it, “*I feel angry*“. Notice thoughts & body sensations.

A-Accept

Accept the emotion. “*Right now this is how I feel.*“

I-Investigate

Gentle exploration. Ask God for help to understand the emotion.

N-Nourish

Compassionately speak the truth of scripture over the emotion.

