

## **Pause. Breathe. Heal.**

## *Courage in Uncertainty*

For just this moment, bring your attention to your breath.

*Inhale* deeply and settle yourself into your body.

*Exhale* the stress and tension you feel.

In these days of UNCERTAINTY, a moment to pause is both a gift and a necessity.

Gentle your breathing, your gaze and your heart as you consider: Where have I found COURAGE in the past days?

Think for a moment.

**In these days of UNCERTAINTY where have I found COURAGE?**

[Pause to consider]

Dwell in the COURAGE you have found and bring it with you into the rest of your day. Even now, God is with you, as near to you as your breath. Continue giving yourself the gift to pause, breathe and heal, knowing you are not alone.

**Our God himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.**

*Deuteronomy 31:8*