

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

### **God's Eye on the Sparrow**

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.

On your next *inhale*, pray, *GOD'S EYE ON THE SPARROW*

And as you *exhale*, *GOD'S EYE ON ME*

**GOD'S EYE ON THE SPARROW**  
**GOD'S EYE ON ME**

Keep breathing this prayer for a few moments.  
(Repeat the prayer several times)

Conclude, remembering: 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.

**"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"**

*Matthew 6:25-26*