

Pause. Breathe. Heal. **Your Steadfast Love**

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, *YOUR STEADFAST LOVE*

And as you *exhale*, *ENDURES FOREVER*

YOUR STEADFAST LOVE
ENDURES FOREVER

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, breath, and heal knowing you are not alone.

**The Lord will fulfill his purpose for me; your steadfast love, O LORD, endures forever.
Do not forsake the work of your hands.”**

Psalms 138:8