



**We are
Called**

TO HEAL. TO UNITE. TO JUSTICE.

Minority Mental Health Month

Huddle Resources, 2022

Peace Be with You

Perspective Four: The Power of Breath

Breath is the generative, sustaining flow for life. Every cycle of breath invites bodily systems to function optimally. Whether conscious or unconscious, receiving or releasing, a breath's vocation is to support life.

It's interesting, then, to imagine how the breath of the risen Christ might have shifted the atmosphere the night they were huddled together in fear just after the Teacher's death. The narrative tells us that after he supernaturally appeared and spoke peace over them, he who was once dead, breathed on them.

The breath that was exhaled upon them was not just any breath. It was a resurrected breath, a breath that exchanged death for a new eternal reality. This breath ushered in the energetic reconciliation, unity, and forgiveness the world had been waiting for.

Reflect:

- What quality of breath or energy have you brought into the rooms you have entered today?

Belief or doubt?

Trust or suspicion?

Compassion or apathy?

- Practice presence throughout the rest of your day. Notice your response in each encounter. How might your actions expose what you believe about the energetic power of breath?



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Pray:

God who is Peace, we invite you into this day wholly and without reservation, hands clasped in prayer that your peace may envelope us, carry us, hold us tenderly as we work to similarly embrace those who are charged to our care.

God who is Peace, we pray that each of our interactions this day may be guided by the embrace of your everlasting love, that every step, every word, every action may be peace.

God who is Peace, our prayer this day is that we may we become the peace we pray for, and that our peace can overwhelm the world.

In your name we pray, Amen.