

Pause. Breathe. Heal.

Beauty in Breakdown

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 BREAKDOWN, 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 BEAUTY in the past days?

Think for a moment.

In these days of BREAKDOWN where have I found BEAUTY?

[Pause to consider]

Dwell in the BEAUTY 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.

One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple.

Psalm 27:4