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, breath, 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*