

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

## *Hope in Despair*

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 DESPAIR, 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 HOPE in the past days?

Think for a moment.

**In these days of DESPAIR where have I found HOPE?**

[Pause to consider]

Dwell in the HOPE 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.

**And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.**

*Romans 5:5*