

## **Pause. Breathe. Heal.** **I Find Rest**

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, *I FIND REST*

And as you *exhale*, *IN YOUR SHELTER*

### **I FIND REST IN YOUR SHELTER**

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.

**Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.**  
*Psalms 91:1*