

Pause. Breathe. Heal.

Joy in Sadness

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 SADNESS, 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 JOY in the past days?

Think for a moment.

In these days of SADNESS where have I found JOY?

[Pause to consider]

Dwell in the JOY 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.

Weeping may stay for the night but rejoicing comes in the morning.

Psalm 30:5