**Pause. Breathe. Heal.**

**Your Steadfast Love**

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, *YOUR STEADFAST LOVE*

And as you *exhale, ENDURES FOREVER*

**YOUR STEADFAST LOVE**

**ENDURES FOREVER**

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.

**The Lord will fulfill his purpose for me; your steadfast love, O LORD, endures forever. Do not forsake the work of your hands.”**

*Psalm 138:8*

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