

Pause. Breathe. Heal.

Be Still

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, *BE STILL*

And as you *exhale*, *AND KNOW THAT YOU ARE GOD*

BE STILL
AND KNOW THAT YOU ARE GOD

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.

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Psalms 46:10