

Pause. Breathe. Heal. **Both Day and Night**

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, *BOTH DAY AND NIGHT*

And as you *exhale*, *BELONG TO YOU*

BOTH DAY AND NIGHT
BELONG TO YOU

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 day is yours, and yours also the night; you established the sun and moon.

Psalms 74:16