

Pause. Breathe. Heal.

Peace in Anxiety

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 ANXIETY, 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 PEACE in the past days?

Think for a moment.

In these days of ANXIETY where have I found PEACE?

[Pause to consider]

Dwell in the PEACE 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.

**Peace I leave with you; my peace I give you. I do not give to you as the world gives.
Do not let your hearts be troubled and do not be afraid.**

John 14:27