

## **Pause. Breathe. Heal.** **I Will Not Be Afraid**

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, *I WILL NOT BE AFRAID*

And as you *exhale*, *FOR YOU ARE WITH ME*

**I WILL NOT BE AFRAID  
FOR YOU ARE WITH ME**

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.

**Even though I walk through the darkest valley, I will fear no evil, for you are with me;  
your rod and your staff, they comfort me.**

*Psalms 23:4*