

Pause. Breathe. Heal. **Humble and Gentle One**

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, *HUMBLE AND GENTLE ONE*

And as you *exhale*, *YOU ARE REST FOR MY SOUL*

**HUMBLE AND GENTLE ONE,
YOU ARE REST FOR MY SOUL**

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, breathe, and heal knowing you are not alone.

Come to me, all you who are weary and burdened, and I will give you rest.

Matthew 11:28-30