

Pause. Breathe. Heal. **You Are Our Refuge**

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, *YOU ARE OUR REFUGE*

And as you *exhale*, *AND OUR STRENGTH*

**YOU ARE OUR REFUGE
AND OUR STRENGTH**

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.

God is our refuge and strength, an ever-present help in trouble.
Psalm 46:1