

Pause. Breathe. Heal. **Nothing Can Separate Me**

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, *NOTHING CAN SEPARATE ME*

And as you *exhale*, *FROM THE LOVE OF GOD*

NOTHING CAN SEPARATE ME FROM THE LOVE OF GOD

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.

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8:38-39