

## **Pause. Breathe. Heal.**

## *Grace in Chaos*

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 CHAOS, 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 GRACE in the past days?

Think for a moment.

**In these days of CHAOS where have I found GRACE?**

[Pause to consider]

Dwell in the GRACE 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.

**From God's fullness we have all received, grace upon grace.**

*John 1:16*