



SUPPLIES

In order to fully participate, it will be helpful to gather the following supplies:

- Post-It Note or small square of paper
- Pen or pencil

Source: www.instagram.com/liturgiesforparents

SCRIPTURE By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. — Genesis 2:2,3

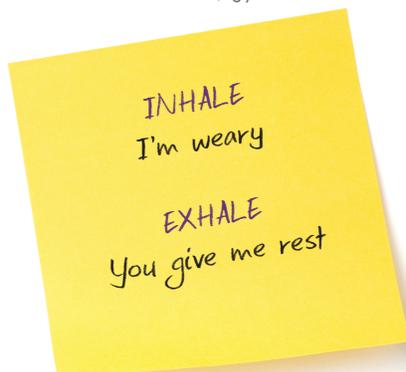
Return to your rest, my soul, for the Lord has been good to you. — Psalm 116:7

ACTIVITY The Breath Prayer allows space to slow down and pray simple prayers with the rhythm of your own breathing. Allow yourself a moment to pause, be present, and rest in God's grace as you inhale and exhale.

There are several breath prayers below. As you inhale, think on one word; as you exhale, think on the other. You can do this once, a few times, or at a set time each day.

You may choose to design a movement that goes with your breath prayer. Take a step forward with each foot on each inhale/exhale. Move your arms or open and close your hands. Find something that works for you as you breathe through these moments of rest and reset.

Read through the prayers below, or design your own based on your favorite scripture. Write your prayer(s) on a Post-It Note and place it somewhere you'll see it and be able to capture rest in the weariness of every day.



Inhale No Word of God
Exhale Will ever fail

Inhale I will focus on today
Exhale And not worry about tomorrow

Inhale Help my troubled heart
Exhale I will not be afraid

Inhale O God, you are mercy and grace
Exhale I give thanks for your love

Inhale You have called me by name

Exhale I am yours

Inhale As for me
Exhale I will always have hope

Inhale I will trust in you
Exhale With all my heart

Inhale The God of peace
Exhale Is with me