

*breathe in*

This is the day the  
Lord has made ...

*breathe out*

I will rejoice in it.

PSALM 118:24

*breathe in*

Be still...

*breathe out*

and know that I  
am God

PSALM 46:10

*breathe in*

The Lord is my  
Shepherd...

*breathe out*

I lack nothing.

PSALM 23:1-2

*breathe in*

Those who wait on  
the Lord's help...

*breathe out*

find renewed  
strength.

ISAIAH 40:31

*breathe in*

I will never leave  
you...

*breathe out*

or forsake you.

DEUTERONOMY 31:6

*breathe in*

Suffering is the  
journey to hope...

*breathe out*

and hope does not  
bring shame.

ROMANS 5:4-5

*breathe in*

I hem you in...

*breathe out*

behind and before.

PSALM 139:5

*breathe in*

The steadfast love of  
God never ceases...

*breathe out*

His mercies are new  
each morning.

LAMENTATIONS 3:22-23



*breathe in*

Though I walk through  
the darkest valley...

*breathe out*

I do not fear, for You are  
with me.

PSALM 23:4

*breathe in*

When my spirit grows  
faint within me...

*breathe out*

it is You who knows the  
way I should turn.

PSALM 142:3