

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