

Psalm 46:1-2

God is our refuge and strength, an ever present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea.

Thank you, God, that you are my refuge and strength, an ever-present help during this time of trouble (distress, grief, illness). Help me to not fear even though it feels like the earth is giving way beneath my feet. Let me feel your strength and know the power of your divine presence. Amen

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Breathing deeply and slowly, silently say part of a line as you inhale, and part as you exhale. Continue to repeat this allowing God's peace deep into your mind and soul.

*Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.*

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