

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

- Inhale: God of all peace
- Exhale: Guard my heart and mind

Give thanks to the LORD,
for he is good.
His love endures forever.

Psalms 136:1

- Inhale: Thank you Lord
- Exhale: For your eternal goodness and love

Cast all your anxiety on him because he cares for you.

1 Peter 5:7

- Inhale: I cast my anxiety on God
- Exhale: Because he cares for me

My help comes from the LORD,
the Maker of
heaven and earth.

Psalms 121:2

- Inhale: My help comes from the Lord
- Exhale: The Maker of heaven and earth