

5 FINGER BREATHING

Deep breathing using your hand

The Lord is good; His love endures forever.

“Oh give thanks to the LORD, for he is good; for his steadfast love endures forever!” 1 Chronicles 16:34

God is my strength; a very present help in trouble.

“God is our refuge and strength, a very present help in trouble.” Psalm 46:1

You are my peace; guard my heart and mind.

“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:7

You go before me and You follow me.

“You hem me in, behind and before, and lay your hand upon me.” Psalm 139:5

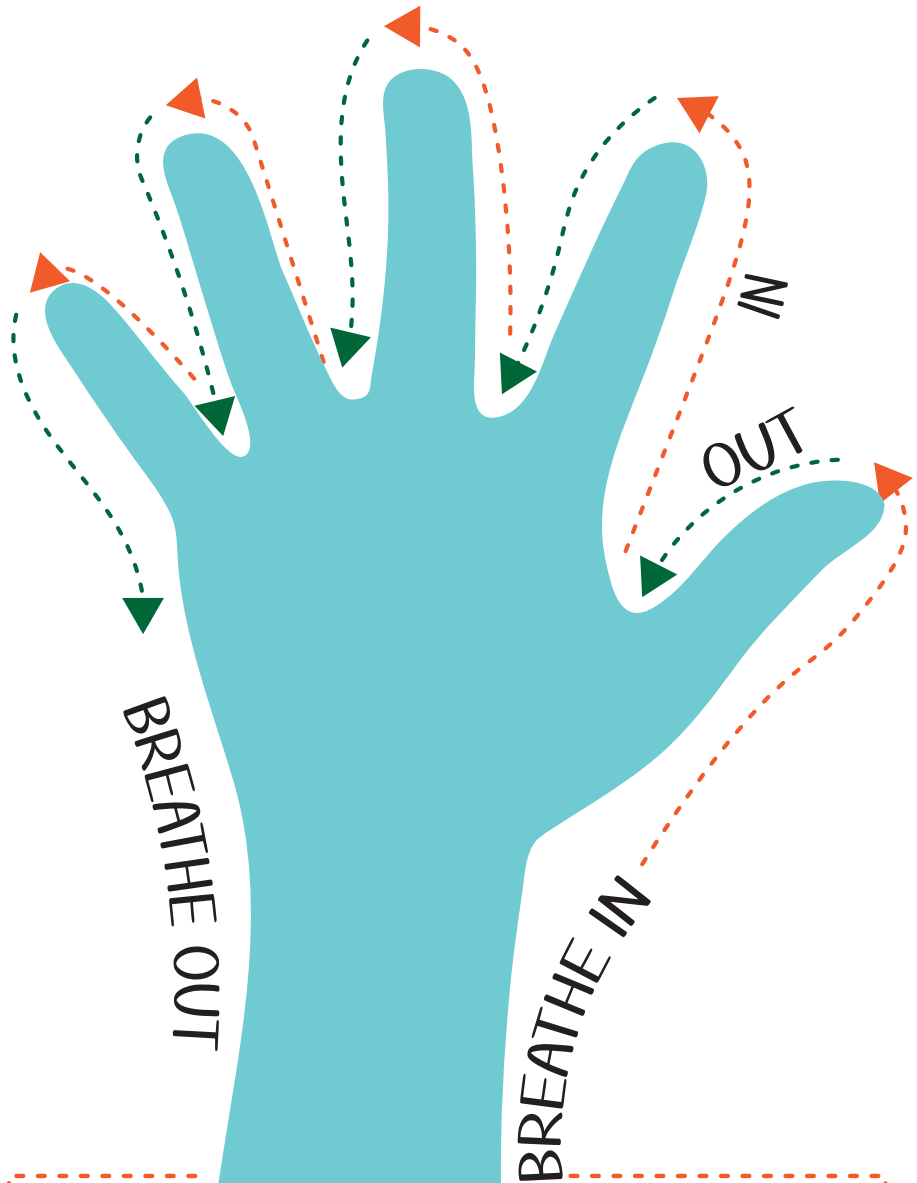
I trust You, God; renew my strength.

“But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.” Isaiah 40:31

I am with you: Always.

“teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”

Matthew 28:20



Breathe with God

- Use your 5 fingers, a star, or a rainbow to help you slow down and talk to God.
- Breathe in and say the first part of your Bible verse.
- Hold your breath and think about God's love. (Count to 3!)
- Breathe out and say the last part of your verse.

Each breath is a little prayer — helping you feel calm, thankful, and close to God.