

Breathe Deeply



"The spirit of God has made me, and the breath of the Almighty gives me life" (Job 33:4)

FOR TODAY: Our breath is always with us, yet we rarely notice it unless something's wrong. Today, let's pay attention to this constant companion. Deep breathing helps us reconnect with our aliveness. When we're anxious or overwhelmed, our breath becomes shallow. Taking deeper breaths reminds our bodies and minds that we're okay right now. Just notice your breath occasionally, letting it ground you in this moment.

➔ **Suggestion:** Try taking three slightly deeper breaths whenever you think of it today.

SACRED MOMENTS: The writer of Job understood that every breath connects us to God, who breathes life into all creation. Our breath is holy, a constant reminder of divine presence. Even in suffering, Job recognized this connection between breath and God. Each breath becomes a prayer, reminding us we're sustained by something larger than ourselves.

➔ **Practice:** As you breathe today, try this gentle prayer: "Breathing in, I receive life. Breathing out, I share life with all creation."