

# Everyday Sanctuary



## Prayer for Presence

*Begin by praying this simple phrase that invites God's presence*

**Quiet Fear.**



## Today's Sanctuary Scripture

*John 14:27 (WEB)*

**Peace I leave with you.**

**My peace I give to you;**

**not as the world gives, I give to you.**

**Don't let your heart be troubled, neither let it be fearful.**



## Deep Breath Prayer

*Breathe deeply for 2 or 5 minutes using the IN phrase for your inhale and the OUT phrase for your exhale. Prompts can be spoken internally or out loud.*

Temper your heart rate. I know you want to.

I know you want to feel whole, not busy.

Arrived, not always racing. Take -

**IN | Peace**

**OUT | In**



## Gratitudes

What are you grateful for today?



## Today's Prayers

Where you need God to be at work in the day or week to come?