

Perhaps this is the moment
for which you have been
created.

Esther 4:14

Just breathe.....

4-breath in

7-hold

8-breath out

KNOW YOUR TRUTHS

Have a plan in place!

Pray one day at a time.

Matthew 6:34- “Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own”

Pray for an increase in trust.

Proverbs 29:25 - “Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe”

Pray for strength.

Isaiah 41:10- “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand”