

BREATHE

At daybreak Jesus went out to a solitary place.

But Jesus often withdrew to lonely places and prayed.

One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.

Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, "Pray that you will not fall into temptation." He withdrew about a stone's throw beyond them and knelt down and prayed.

Luke 4:42, 5:16, 6:12, 22:39-41 NIV

The LORD is my shepherd; I shall not want.
He makes me lie down in green pastures.
He leads me beside still waters.
He restores my soul.
He leads me in paths of righteousness for his name's sake.

Psalms 23:1-3 ESV

I need to take better care of my health, emotional, physical and spiritual. When I am not able to spend quiet time with The Father, pouring out my weariness, my worries, my burdens - then I carry them with heavy guilt. The heavy guilt keeps me from **REJOICING** in what I have now. Along with spending time in **HOPE** listening and reflecting, and spending time planning on how to **STEWARD** resources of time, money and home, I will also spend time being quiet. Taking time to meditate on His promises, commands. To stretch my body so that it might become strong. To **BREATHE** in His fresh living breath and blow out all the shadowy dusty corners where I haven't yet let Him touch.

I will make a moments to **be grateful** for His presence in the present.

I will set my iPhone alarm to beep at 8am, 2pm and 8pm to stop for 2 minutes. (D)

I will go out by myself once a week for at least one hour to breathe. (W)

I will find a way to **dance** with my children.

I will do my physiotherapy exercise 3-5x a week (currently it's breathing exercises). (W)

I will find a restorative yoga practice and start rebuilding my muscles when released. (W)

I will **not serve screens**.

I will learn to turn off my TV and iPhone at 10pm. If I wake in the night, I will pray. (D)

Limit screen time as an example for my children, following the rules I set for them. (D)