

## SPIRITUAL PRACTICE

Change can be hard, even when we believe that God is with us. When you are worried or scared about something, do this spiritual practice: Close your eyes and breathe in. As you breath in say, "I have faith in God."

Next as you blow the breath out, say, "I trust God."

As you go through your week if you feel worried or scared, do this breathing practice and know that God is with you.

