

# pause. breathe. pray.™

## WEEKLY REFLECTION AND APPLICATION

### PAUSE.

*Identify 1-3 thoughts that are untrue that you ruminate on?*

1

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2

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3

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### BREATHE.

*Take a deep, slow breath in.... and slowly exhale out. Repeat 10 times.*

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### PRAY.

*In this time with God, choose new and true thoughts to replace each of the old, untrue thoughts above.*

1

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2

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3

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*Pray to grow in awareness of when the old thoughts come in, and to have the presence to replace them with your new, true thoughts so that your thoughts now mediate on what is true, as God calls us to.*

### VERSE TO MEDITATE ON

*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right,  
whatever is pure, whatever is lovely, whatever is admirabl  
—if anything is excellent or praiseworthy  
—think about such things.  
- Philippians 4:8*