

Healing Pause

Date: _____

Find a quiet space. Take a deep breath. Ask God to meet you right where you are.

Scripture

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." —
Psalm 34:18

Purpose

This reflection is a sacred pause—an invitation to slow down, acknowledge what hurts, and invite God into the healing process without pressure or performance.

Questions

- **What emotion have I been carrying but not naming?**
- **Where do I feel heaviness—in my heart, mind, or body?**
- **What do I need God to heal or hold for me today?**

Prayer

God, I give You what I've been holding onto. I release the pain I can't fix and trust You to heal what I cannot. Amen.

Reminder

Healing is not rushed. God works in layers, not deadlines.