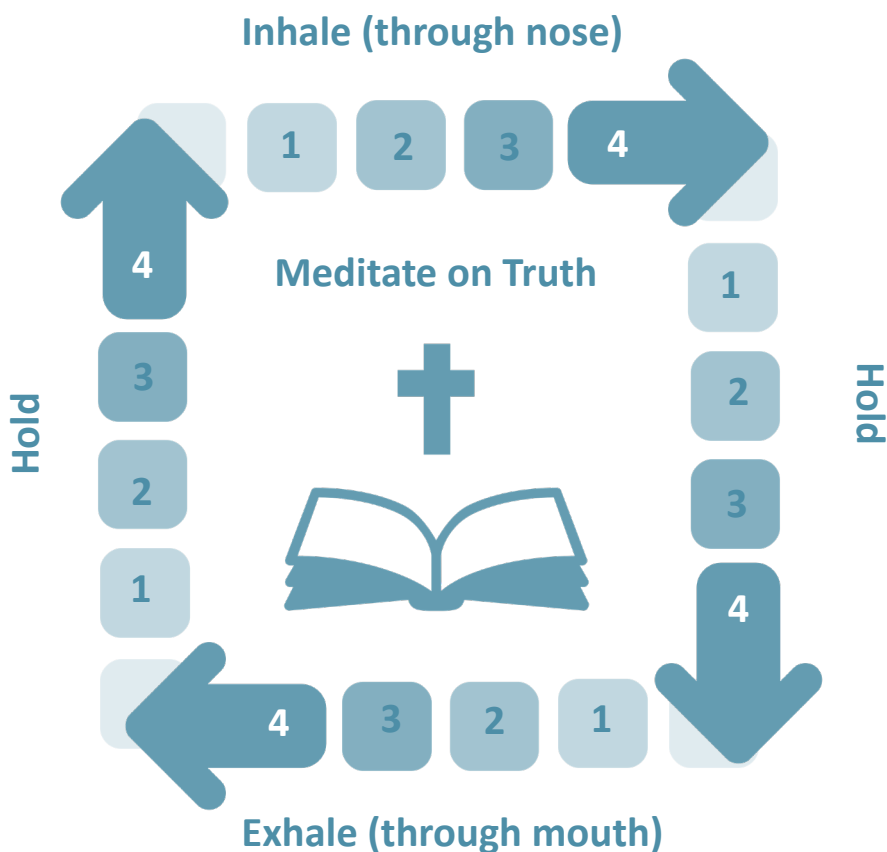


Box Breathing

(being still and meditating on truth)

How to do Box Breathing

- Step 1:** Breathe in, counting to four slowly. Feel the air enter your lungs.
- Step 2:** Hold your breath for 4 seconds.
- Step 3:** Slowly exhale through your mouth for 4 seconds.
- Step 4:** Repeat steps 1 to 3 until you feel re-centered.
- Step 5:** Identify a truth from Scripture and meditate on it as you breath.



*He says, "Be still,
and know that I
am God; I will be
exalted among
the nations, I will
be exalted in the
earth."*

Psalm 46:10