

## Daily Devotional, July 20, 2021 Take a Deep Breath—It's Okay

***“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.” Isaiah 41:10 (NIV)***

I recently watched a video of a cute little two-year-old who had closed a door on her fingers. This little one was teary-eyed and hurt. You could just see the big tears in her eyes as she was telling her mom what happened. Her mom listened to her and realized that her daughter needed some immediate comfort. But what happened next was an unexpected lesson.

Mom told her daughter to take a deep breath and more than one deep breath was taken. Then mom told the little one to look up at her. She then had the little girl repeat these words – “I’m okay. I’m strong. I’m beautiful. I’m worthy.” Another deep breath was taken and this sweet little girl with big tears still in her eyes, looked up at her mom and said, “I love you.” Her mom responded with “I love you too.”

This past year and more has left all of us struggling with feeling overwhelmed and just so tired. Sometimes our days have been hard and have left us struggling to feel a sense of normalcy. After listening to this little girl and those powerful words of comfort and affirmation, it was as if I could hear my Heavenly Father telling me – “Take a deep breath and look up at Me. Now hear these words – “You are okay, you are strong. You are beautiful and you are worthy. I love you.”

Could there be anything more comforting and healing than to hear those words of love and affirmation, words from our Heavenly Father to His dearly loved child?

I realized too, that I have to stop, take a few breaths, and look up to my Heavenly Father. He is there, ready to comfort and reassure me and He will always love me. The days may continue to be different and sometimes uncomfortable, but God is always there. All I have to do is stop and listen.

***“Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed,” says the Lord, who has compassion on you. – Isaiah 54:10***

***Prayer: Loving God, please grant me peace of mind and calm my troubled heart when I am in pain. My soul is like a turbulent sea. I can't seem to find my balance so I stumble and worry constantly. Give me the strength and clarity of mind to find my purpose and walk the path you've laid out for me. I trust your Love, God, and know that you will heal this stress. Just as the sun rises each day against the dark of night. Please bring me clarity. In your name I pray, Amen.***