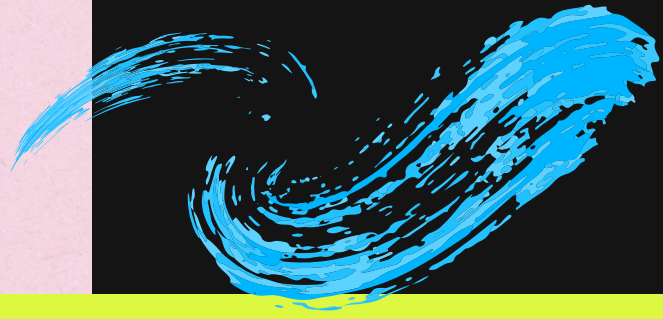


DEEP WATERS



NAME: _____

DATE: _____

READ Psalm 42:7

What part of me is God inviting into deeper trust—even if it feels uncertain or unfamiliar?

*Where have I been resisting the waves
instead of riding them with Him?*



BREATH PRAYER



Inhale: "You are with me in the deep..."

Exhale: "...and I will not be moved."

-REPEAT 2X-

I Am Becoming...

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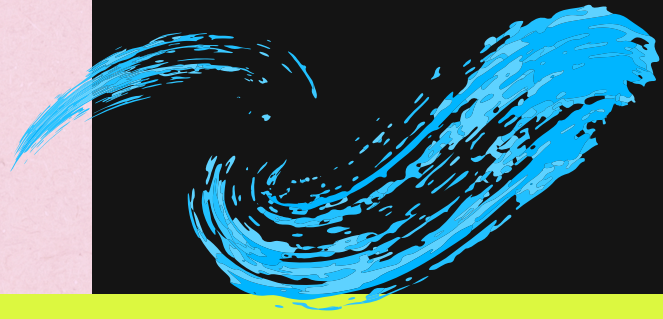
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Today's Mood

DEEP WATERS



NAME: _____

DATE: _____

READ Psalm 42:7

What fear am I still carrying that's keeping me in shallow spaces?

What belief, memory, or lie do I need to surrender so I can live authentically?

BREATH PRAYER



Inhale: "You are with me in the deep..."

Exhale: "...and I will not be moved."

-REPEAT 2X-

What will it look like once I've surrendered?

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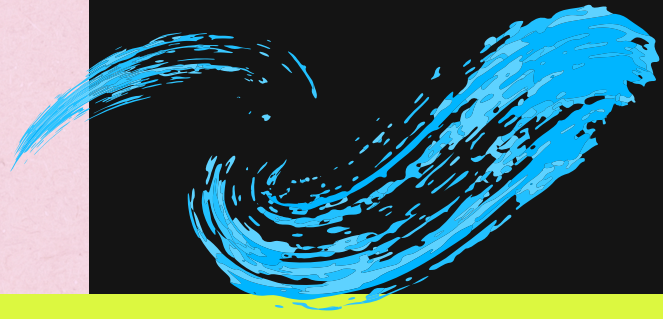
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Today's Mood

DEEP WATERS



NAME: _____

DATE: _____

READ Psalm 42:7

If I told the full truth about what I need in this season, what would I say?

*What's the honest prayer I've been avoiding
because it feels too vulnerable?*

BREATH PRAYER



Inhale: "You are with me in the deep..."

Exhale: "...and I will not be moved."

-REPEAT 2X-

When I have what I need, I can...

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Today's Mood