

The Grace Pause



When the moment feels heavy, slow it down. Pause, notice, receive, and respond — four small movements that make room for grace instead of self-criticism.

1. Pause

Stop what you are doing. Place a hand on your heart or belly. Take one slow breath and name this moment: “I am here.”

What is happening right now? (thought, feeling, situation)

Where do I feel it in my body?

2. Notice

Gently observe what is rising inside you — without judgment. You are not fixing anything yet; you are simply paying attention with kindness.

What am I telling myself?

Is this thought based on truth, fear, or old shame?

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3. Receive

Remind yourself of one truth from God's heart toward you: you are loved, forgiven, not condemned, and not alone. Let it be a gift, not something to earn.

What truth do I need to receive right now?

If Jesus were sitting beside me, what might He say?

4. Respond

Choose one small, kind next step. It does not have to be perfect. It just has to be honest and gentle.

What is one small, grace-filled step I can take?

How can I treat myself the way God treats me?
