



# ROOTED 7-Minute Sacred Pause Practice

## Introduction (0:00–0:45)

Welcome to this 7-minute Sacred Pause. This is a space where we **consent** to return to God’s presence, to become aware of what’s stirring within, and to practice **holy stillness**. As you begin, find a quiet place. Sit or stand comfortably. Let your body relax. Take a deep breath.

## Breath and Body Awareness (0:45–1:45)

As you inhale, say silently, “**Be still.**”

As you exhale, “**And know that I am God.**”

Gently bring your attention to your breath... then to your body... then to this moment...

## Sacred Word & Consent (1:45–3:30)

Choose a sacred word or phrase that reminds you of your intention to remain aware of God’s presence, like “**Jesus**”, “**Abba**”, “**Love**”, or “**Here I am**”. Let it gently remind you to return your awareness to Him whenever your mind drifts. This is not striving. This is the sacred act of “Letting Go”.

## PQ-Inspired Awareness (3:30–4:30)

When you notice any thought, emotion, or distraction that arises, gently name it without judgment. Return to your sacred word. Each time you return is a **spiritual rep—strengthening your awareness of Christ’s presence**.

## Stillness (4:30–6:30)

Rest now in silence—no need to do. Simply Be.. Remain in quiet trust. Let God’s love hold you.

## Closing (6:30–7:00)

As we end this sacred pause, gently bring your awareness back to your surroundings. Offer a brief prayer of gratitude: “**Thank You, Lord, for Your presence. I am rooted in You.**”

