



*Bless it Forward Ministries*  
Bible Reading/Journaling/Inscribe Plan

## Breathe.... in God's love, grace, and mercy

When the busyness of life leaves you breathless, I invite you to Breathe in God's love, grace, and mercy.  
Breathe out your worries and doubts. Breathe in God's presence. Breathe out your frustrations and defeats.  
Breathe in the cleansing power of the Holy Spirit. Breathe out negative thoughts and ill feelings. As you dig into Gods word

1 Romans 6:4	16 Psalm 139:16
2 Luke 12:32	17 Judges 7:2,7
3 Ephesians 3:20-21	18 2 Chronicles 7:14
4 Matthew 5:16	19 1 John 1:9
5 Psalm 91:11	20 2 Timothy 3:16-17
6 2 Corinthians 1:14	21 John 4:39
7 Matthew 7:15-16	22 Luke 18:13-14
8 Ephesians 4:2-3	23 Daniel 4:37
9 Psalm 119:105	24 Psalm 147:5
10 James 5:17-18	25 Joshua 1:8
11 1 John 4:19	26 Isaiah 40:11
12 Mark 4:37-38	27 John 14:15,21
13 Mark 4:39,41	28 James 1:20
14 Psalm 90:11	29 1 Corinthians 13:3
15 Romans 15:4	30 Deuteronomy 6:5
	31 Micah 6:6,8

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Many Blessings  
Emma Vickers

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