

SMILE, BREATHE, LOVE

The Psalm of Worship

A smile is free and lights up the room,
It carries its own signal of love and kindness,
It relaxes our jaw and calms our fears,
It allows us to be open, open to change,
The only two things that are constant are
Change and God's unconditional love.

Refrain:

When we smile, we affirm, Jesus, I need you.
When we breathe, we affirm, Jesus, I trust you.
When we love, we affirm, Jesus, I love you.

Our breath is our Spirit, and our spirit is love,
Love is what connects all that is good,
We calm our mind, relax our body, and renew our spirit,
And this is the foundation of healing.

Refrain:

When we smile, we affirm, Jesus, I need you.
When we breathe, we affirm, Jesus, I trust you.
When we love, we affirm, Jesus, I love you.

Unconditional love is the greatest healer,
We wrap each other in your white light of love,
God, you are the great physician and prayer is the best medicine,
We are responsible for our health and choices.

Refrain:

When we smile, we affirm, Jesus, I need you.
When we breathe, we affirm, Jesus, I trust you.
When we love, we affirm, Jesus, I love you.