

Hand Washing 20 second Prayers & Meditations for Soul Cleansing

It's not a race, say them slowly with a breath or two in there...

From Psalm 23

My cup overflows
Surely goodness and mercy shall follow me
All the days of my life
And I shall dwell in the house of the Lord
My whole life long.

From Psalm 46

Be still and know that I am God.
Be still and know that I am. (Breathe in)
Be still and know. (Breathe out)
Be still.
Be. (Breathe in, breathe out).

Jesus Loves Me *(sing or say it)*

Jesus love me this I know, for the Bible tells me so.
Little ones to him belong, they are weak but he is strong.
Yes, Jesus loves me. Yes, Jesus loves me.
Yes, Jesus loves me, the Bible tells me so.