



Inhale

Lord, prepare in me

Exhale

A straight path.

Isaiah 40:3-5

A voice of one calling:

“In the wilderness
prepare the way for the Lord;
make straight in the desert
a highway for our God.

Every valley shall be raised up,
every mountain and hill made low;
the rough ground shall become level,
the rugged places a plain.

And the glory of the Lord will be revealed,
and all people will see it together.

For the mouth of the Lord has spoken.”