

Breath Prayers

Choose a word or brief phrase to repeat in one breath. If it is a phrase, say one part as you inhale and the rest as you exhale. You can say breath prayers out loud, in a whisper, or silently. Breath prayers are wonderful as a calming, meditative practice. See the bible verses below to try it out. Once you get the hang of it you can come up with your own breath prayers.



Psalm 23

Inhale: I will not be afraid
Exhale: For You are with me

2 Corinthians 12:9

Inhale: Your grace
Exhale: is enough for me

Matthew 6:10

Inhale: On Earth
Exhale: as it is in Heaven

Numbers 6:25-28

Inhale: Shine your face on me
Exhale: Give me peace

Psalm 46:1

Inhale: You are our refuge
Exhale: and our strength

Revelation 22:20

Inhale: Come
Exhale: Lord Jesus

Psalm 46:10

Inhale: Be still
Exhale: and know that
you are God

Romans 8:38-39

Inhale: Nothing can
separate me
Exhale: from God's love