LIVE UNCHAINED NOW · HEART MUSINGS

Breath prayers to carry with you

A breath prayer is a few words prayed in rhythm with your breathing: one phrase as you breathe in, another as you breathe out. Choose one, keep this card somewhere you will see it, and return to it whenever you need a pause.

1. Settle
Sit or stand comfortably. Let your shoulders drop.

2. Breathe
Slowly, through the nose. No need to force anything.

3. Pray
Silently say the first line in, the second line out.

4. Rest
Repeat for a minute or two. Then simply be.

BREATHE IN
Be still
BREATHE OUT
and know
From Psalm 46:10

BREATHE IN
The Lord is my shepherd
BREATHE OUT
I have all I need
Inspired by Psalm 23:1

BREATHE IN
Into your hands
BREATHE OUT
I place my day
Inspired by Psalm 31:5

BREATHE IN
You are with me
BREATHE OUT
I am not alone
Inspired by Psalm 23:4

BREATHE IN
I receive your rest
BREATHE OUT
I release my worry
Inspired by Matthew 11:28

BREATHE IN
Not my will
BREATHE OUT
but yours
From Luke 22:42

BREATHE IN
Here I am
BREATHE OUT
I am listening
Inspired by 1 Samuel 3:10

BREATHE IN
I am held
BREATHE OUT
I can let go
For any faith, or none