

Breath Prayer

“The spiritual discipline of breath prayer is a simple form of prayer that patterns our words and thoughts with the steady rhythm of our breathing. Breath prayer helps us become aware of our continual dependence on God and God’s continual provision for us.

Each breath that fills our lungs is a gift from God.

The first phrase is prayed as we breathe in, and the second phrase is prayed as we breath out. Inhale/Exhale.

The Lord is my Shepherd / I shall not want. (3x)

Lord, You are my Shepherd / I have all I need. (3x)

Be still / And know that I am God. (3x)

Lord, take my cares / For you care for me. (3x)

Jesus Son of God / Have Mercy on Me (3x)

God of Peace / Give me peace. (3x)

Amen.