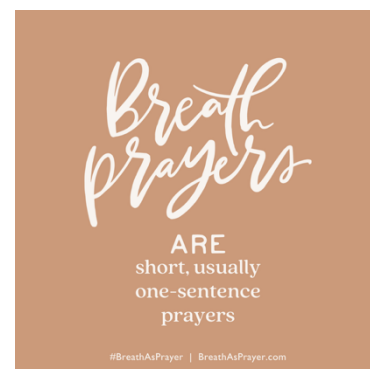


Breath Prayers

Breath prayers are short, rhythmic prayers designed to be whispered in sync with your breathing to help you calm your mind, reduce stress, and focus on God. You mentally recite the first half of a short phrase while inhaling, and the second half while exhaling.



How to Practice Breath Prayer

1. Find a quiet place and settle into a comfortable position.
2. Take slow, deep breaths, allowing your belly to expand as you breathe through your nose.
3. Choose a short prayer (usually 6 to 8 syllables) that fits your current spiritual or emotional need.
4. Repeat the prayer silently or softly for a few minutes while maintaining deep, even breaths.

Examples of Breath Prayers

Depending on what you are experiencing, you can choose a prayer that aligns with scripture or your feelings:

- **For Praise**
 - *Inhale:* "Jesus me,"
 - *Exhale:* "This I know."
- **For anxiety or fear:**
 - *Inhale:* "The Lord is my light,"
 - *Exhale:* "Whom shall I fear?" (Psalm 27:1)
- **When you need rest:**
 - *Inhale:* "In Christ alone,"
 - *Exhale:* "My soul finds rest." (Psalm 62:1)
- **The Ancient "Jesus Prayer":**
 - *Inhale:* "Lord Jesus Christ,"
 - *Exhale:* "Have mercy on me."

Try making up a breath prayer of your own. It can be from a Bible verse, a song, or just something you want to say to God!

Reference:

https://www.google.com/search?q=Breath+prayers&oq=Breath+prayers&gs_lcrp=EgZjaHJvbWUyBggAEEUYOTIHCAEQQLhiABDIHCAIQABiABDIHCAmQABiABDIHCAQQABiABDIHCAUQABiABDIHCAYQABiABDIHCAcQABiABDIHCAgQABiABDIHCAkQABiABNIBCDQ0MzVqMGo3qAIA&sourceid=chrome&source=chrome