



Four Breathing Prayers: each has words to pray as you breathe in, and one to pray as you exhale out. Repeat until a sense of peace and calm settles in.

1. The Jesus Prayer:

- Breathe In: *Jesus, Son of God,*
- Exhale Out: *Have mercy on me, a sinner.*

2. Trust in Divine Mercy Prayer

- Breathe In: *Jesus,*
- Exhale Out: *I trust in You.*

3. 12 Step Affirmation Prayer

- Breathe In: *Let God,*
- Exhale Out: *Let go.*

4. Scientific Prayer

- Breathe In: *In with the good.*
- Exhale Out: *Out with the bad.*

5. Time Tense Prayer

- Breathe In: *The Present.*
- Breathe out: *The Past.*