

Breath Prayer

These simple prayers are spoken in a single breath and are repeated often so that the truth of them may take root in our heart and help us to “pray with- out ceasing” (1 Thessalonians 5:17). Use them while you are walking, or as entrance into Centering Prayer. Choose one of the following to use today, or develop your own. The page below will walk you through this process.

1 Corinthians 13:8

Inhale: *Your love, O God,*

Exhale: *never fails ____ (me, my family, my enemy, etc)*

Psalms 115:1

Inhale: *You are my refuge.*

Exhale: *I put my trust in you.*

Mark 9:24

Inhale: *Lord, I believe.*

Exhale: *Help my unbelief.*

1 John 4:16

Inhale: *God you are love.*

Exhale: *Lead me in your ways.*

Luke 18:13

Inhale: *Lord Jesus Christ,*

Exhale: *have mercy on me.*

Psalms 23

Inhale: *The Lord is my Shepherd.*

Exhale: *I have all I want*

Luke 22: 42

Inhale: *Not my will,*

Exhale: *but yours be done.*

1 Samuel 3:9

Inhale: *Speak, Lord,*

Exhale: *for your servant is listening.*

Psalms 56:3

Inhale: *When I am afraid,*

Exhale: *I will trust in you.*

Romans 8:15

Inhale: *Abba,*

Exhale: *I belong to you.*

Philippians 4:7

Inhale: *Peace of Christ,*

Exhale: *guard my heart and mind.*

The Breath Prayer

In the Hebrew Bible, the word for *spirit* is the same as the word for *breath*. A breath prayer is an ancient form of prayer in which our breathing and our needs shape our prayer. A traditional form of the prayer—spoken rhythmically as you inhale and exhale—consists of these words: “*Lord Jesus Christ, Son of God, have mercy on me, a sinner.*” Either use this phrase, or create your own prayer by combining words or phrases from each column below, filling in words like *to* or *with* as necessary. Then simply repeat the phrase with each breath, relaxing and focusing your mind and body on the One who gives you breath.

<i>Name for God</i>	<i>Verb</i>	<i>What You Desire</i>
<i>Lord</i>	<i>fill me</i>	<i>your peace</i>
<i>Holy God</i>	<i>help me</i>	<i>live for you</i>
<i>Compassionate One</i>	<i>guide me</i>	<i>know your will</i>
<i>Holy Spirit</i>	<i>mold me</i>	<i>see the world as you do</i>
<i>Jesus Christ</i>	<i>show me</i>	<i>understanding</i>
<i>Heavenly Parent</i>	<i>grant me</i>	<i>patience</i>
<i>Healing God</i>	<i>give me</i>	<i>strength for the journey</i>
<i>Giver of Life</i>	<i>touch me</i>	<i>joy</i>
<i>Father</i>	<i>lead me</i>	<i>your love</i>
<i>Creator</i>	<i>send me</i>	<i>courage</i>