



Breath Prayers

Breath prayers are like vitamins for your soul. Taking them is good for your heart. They can clear your mind, calm your fears, and connect you with the heart of God. Here’s how to use them: start a list of some of your favorite phrases from Scripture or quotes that you’ve heard. Then choose one and breathe it in as you say it to yourself. Breathe out slowly and do it again. Continue saying your verse, breathing in and out, until your heart, mind, and soul are directed to one thing...your relationship with God.

Here are a few ideas to get you started:

- Mark 9:24 I do believe; help my unbelief
- 2 Corinthians 12:9 Your grace is sufficient for me
- Psalms 18:1 I love you, Lord; You are my strength
- Philippians 4:6 I will be anxious for nothing
- Lamentations 3:23 Great is Your faithfulness
- Luke 22:42 Not my will, but Yours be done
- 1 Samuel 3:9 Speak Lord, I am listening

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