

# Breath Prayers



Breath prayers are simple prayers that help us connect to God. You can use these prayers at home or on the go. These prayers make use of breath to create a rhythm that invites us into a contemplative space. As we pray we should notice our breath getting deeper as the rhythm gets slower. The process of intentionally breathing in and out offers an opportunity for us to slow down, to connect with God, and to experience stillness and calm, especially in times of chaos or anxiety.

To pray a breath pray:

- Breathe in slowly and deeply as you:
  - think or say a short phrase
  - imagine God's Holy Spirit entering into your body
  - envision a gift or feeling entering into your body.
- Breathe out slowly and fully as you:
  - think or say a short phrase
  - imagine any negative feelings, experiences leaving your body

You might choose to create your own words or process as you find the best option for you. Focus on whatever brings you comfort and helps you experience a moment of peace as you reset and prepare to try again.

## Presence

As you breathe in say: Lord you are with me.

As you breathe out say: help me focus on what is important.

## Guidance

As you breathe in say: Lord, guide my feet

As you breathe out say: While I run this race

## Assurance

As you breathe in say: Do not be afraid

As you breathe out say: I am with you.

## Calm

As you breathe in say: Be Still.

As you breathe out say: and know that I am God

## Anxiety

Breathe in the Holy Spirit

Breathe out any anxiety or fear

## Fear

Breathe in God's Peace

Breathe out any worries or fear

**Other Resources:** [growingtogetherumc.org](http://growingtogetherumc.org)