

Breath Prayers for Anxious Times **By Sarah Bessey (Adapted)**

Breath Prayer is an ancient form of prayer. It simply requires choosing one or two lines to meditate on while inhaling and exhaling through them.

Instruction: Become aware of your body. Sit in a way that is comfortable for you, a position that will allow you to take a deep breath in and out. Close your eyes. Then imagine the place in this world where you feel most safe, most secure, most held in the arms of the Almighty. Imagine yourself in that sanctuary. Imagine the way the air smells and the way the light feels.

Breathe slowly and deeply while holding that place in your mind for a few moments, until you have all the details of it around your soul. You'll enter into your time of prayer or meditation from within that sanctuary. This litany of prayer is a series of "breath prayers". As you read the first line of each pair, I invite you to inhale deeply, and as you say the second line, you will exhale that prayer as you vocalize it.

When you are finished, imagine yourself slowly leaving your sanctuary. Transition slowly from prayer to rising.

Breath Prayers:

Inhale: Humble and gentle God, Exhale: You are rest for my soul. (From Matthew 11:28-30)

Inhale: True Vine and Gardener, Exhale: I abide in You. (From John 15)

Inhale: Nothing can separate me, Exhale: From the love of our God. (From Romans 8:38-39)

Inhale: Let me be still, Exhale: And know that You are God. (From Psalm 46:10)

Inhale: Your grace, O Lord, Exhale: Is enough for me. ((From 2 Corinthians 12:9)

Inhale: There is no fear, Exhale: In Your arms of love. (From 1 John)

Inhale: I will not be afraid, Exhale: For you are with me. (From Psalm 23)

Inhale: You are our refuge, Exhale: And our strength. (From Psalm 46:1)

Inhale: Both day and night, Exhale: Belong to You. (From Psalm 74:16)

Inhale: I find rest, Exhale: In your shelter. (From Psalm 91:1)

Inhale: You surround me with love, Exhale: and tender mercies. (From Psalm 103:4)

Inhale: You fill my life, Exhale: with good things. (From Psalm 103:5)

Inhale: Peace of Christ, Exhale: Guard my heart and mind. (Philippians 4:7)