

## Breath Prayers

**Background Info** (adapted from pages 20-30 in *Breath As Prayer* by Jennifer Tucker)  
“Breathing is the bridge between the brain and the body (Dr. John Boccock).” Breathing is one of the few body processes that can be regulated both consciously and unconsciously. We cannot intentionally lower our heart rate or willingly regulate our blood pressure, but we can control our breathing. We can intentionally make our breaths slow and deep, or rapid and shallow. Dr. Curt Thompson writes, “By controlling our breath, we can willfully influence the brain and the autonomic nervous system and literally change our mind-body state.”

Breath prayers combine two powerful tools that can help calm anxiety: The science of deep breathing and prayers of meditation on God’s Word.

We often tend to separate science and faith as if they are contradictory forces at war with one another. But in reality, the science of the brain and body doesn’t contradict the Word of God at all. If anything, it only further validates it. It is God who created and designed our bodies after all.

Breath prayers combine deep breathing exercise with prayers of meditation on God’s Word to help calm our bodies while focusing our minds on truth. We all experience anxiety in some form throughout our lives. Breath prayer can transform how we respond to that anxiety, helping us experience God’s abiding peace.

**Preface to Prayer** (adapted from page 98 in *Breath As Prayer* by Jennifer Tucker)  
God loves you! God’s goodness and love for you never ends, never wavers, never changes. God’s love is faithful and forever. Nothing you do can make God love you any more or any less than God already loves you. God loves you fully and completely right where you are.

There may be days when you feel separated from God's love and you may doubt the depth of God's love because you don't always experience it the way your soul longs to. Sin and suffering disconnect us from experiencing the full depth of God's love. But, through prayer our souls embrace this deep, neverending love. God is with you. God hasn't abandoned you, no matter what.

Through this breath prayer, focus on God's goodness. Look for the ways God shows love today. Release your fears and embrace God's love.

From Psalm 106:1:

*Hallelujah! Give thanks to the Lord, for he is good! His faithful love endures forever.*

### **Prayer**

*INHALE* while praying **Lord, you are good.**

*EXHALE* while praying, **Your love endures forever.**