



Breath Prayers

Pray without ceasing

1 Thessalonians 5:17

Breathe in.

Breathe out.

Pay attention to the breath of life within you.

The following words and phrases can be used to focus your attention while distractions are shed. Rhythmically repeat the word or phrase, breaking as indicated by the slash (/), inhaling and then exhaling.

Je/sus

The Lord/is my shepherd (*Psalms 23:1*)

Come Lord Jesus/hear my prayer
(*1 Corinthians 16:22b*)

Be not/afraid (*Isaiah 43:1*)

I have called you by name/and you are mine
(*Isaiah 43:1*)

Come/Holy Spirit

Rest/in me

Be still and know/that I am God
(*Psalms 46:10*)

Jesus/fill me

Your own breath prayer...

What happens when you let go and let God?

Lord, Teach Us to Pray, from the Office of Spiritual Formation of the Presbyterian Church (U.S.A.)