

# Breath prayers

Breath prayers combine deep breathing exercises with prayers of meditation on God's Word to help calm your body and focus your mind on truth.

## Why breath prayers?

When you are feeling anxious or panicky, the sympathetic nervous system kicks in, increasing your heart rate and triggering rapid, shallow breathing that can lead to hyperventilating. Deep breathing exercises help engage the parasympathetic nervous system, slowing your heart rate and breathing, and helping you to calm down. Breathing is the bridge between the brain and the body. Your breathing is in part dictated by your thinking. Focusing on negative thoughts and worries can increase anxiety, but by turning your thoughts to Truth, you can calm your mind, shift your focus and "let God transform you into a new person by changing the way you think." (Romans 12:2)

## How to do breath prayers:

Inhale & exhale very slowly as you recite the words of each prayer to yourself.  
Breathe in deeply & slowly through your nose & feel your lungs fill completely.  
Try to focus on filling your lower lungs (your diaphragm) so that your stomach expands while your upper chest remains still.  
Then slowly breathe out. The exhale should be the longest.  
Empty your lungs slowly & fully.  
Meditate on the words of the prayer as you breathe.  
Repeat at least 10 times.

*Optional: hold your breath for a count of 3 between the inhale and exhale.  
Try this breathing pattern: Inhale for a count of 4, Hold for 4, Exhale for 8*



## Breath Prayer Cards

Cut out these prayer cards to tuck into your bag, your Bible, your pocket...  
wherever you can easily get to them when you're feeling anxious.

breath prayer

PSALM 119:94

*Inhale:*  
I am Yours

*Exhale:*  
save me

breath prayer

PSALM 119:153

*Inhale:*  
Consider my affliction

*Exhale:*  
and deliver me.

breath prayer

MATTHEW 6:8

*Inhale:*  
Father you know

*Exhale:*  
what I need

breath prayer

PSALM 121:2

*Inhale:*  
My help

*Exhale:*  
comes from the Lord

## Breath Prayer Cards

Cut out these prayer cards to tuck into your bag, your Bible, your pocket...  
wherever you can easily get to them when you're feeling anxious.

breath prayer

2 CORINTHIANS 12:10

*Inhale:*  
When I am weak

*Exhale:*  
then I am strong

breath prayer

PSALM 23:1

*Inhale:*  
The Lord is my shepherd

*Exhale:*  
I have all that I need

breath prayer

ISAIAH 40:31

*Inhale:*  
I trust in the Lord

*Exhale:*  
He renews my strength

breath prayer

PSALM 56:3

*Inhale:*  
When I am afraid

*Exhale:*  
I put my trust in you

## Breath Prayer Cards

Cut out these prayer cards to tuck into your bag, your Bible, your pocket...  
wherever you can easily get to them when you're feeling anxious.

breath prayer

PSALM 23:4

*Inhale:*  
I will fear no evil

*Exhale:*  
for you are with me

breath prayer

MARK 5:36

*Inhale:*  
Don't be afraid

*Exhale:*  
just believe

breath prayer

PSALM 27:14

*Inhale:*  
Wait for the Lord

*Exhale:*  
be strong and take heart

breath prayer

PSALM 42:5

*Inhale:*  
Hope in God

*Exhale:*  
wait expectantly for Him

## Breath Prayer Cards

Cut out these prayer cards to tuck into your bag, your Bible, your pocket...  
wherever you can easily get to them when you're feeling anxious.

breath prayer

PSALM 71:14

*Inhale:*  
I will hope continually

*Exhale:*  
and praise you more & more

breath prayer

1 PETER 5:7

*Inhale:*  
I cast my anxiety on Him

*Exhale:*  
for He cares for me.

breath prayer

PSALM 3:3

*Inhale:* You, Lord, are

*Exhale:* a shield around me,

*Inhale:* my glory, and the one

*Exhale:* who lifts my head high

breath prayer

JOSHUA 1:9

*Inhale:* Be strong and courageous

*Exhale:* Do not be afraid

*Inhale:* for the Lord my God is

*Exhale:* with me wherever I go

## Breath Prayer Cards

Cut out these prayer cards to tuck into your bag, your Bible, your pocket...  
wherever you can easily get to them when you're feeling anxious.

### breath prayer

PSALM 46:1

*Inhale:* God is my refuge

*Exhale:* and my strength

*Inhale:* my ever-present help

*Exhale:* in times of trouble

### breath prayer

ZEPHANIAH 3:17

*Inhale:* With His love

*Exhale:* He will calm all my fears

*Inhale:* He will rejoice over me

*Exhale:* with joyful songs

### breath prayer

PROVERBS 3:5

*Inhale:* I will trust in the Lord

*Exhale:* with all my heart

*Inhale:* I will not lean on

*Exhale:* my own understanding

### breath prayer

MATTHEW 26:39

*Inhale:* If it is possible

*Exhale:* let this cup pass from me

*Inhale:* nevertheless, not as I will

*Exhale:* but as You will

## Try Your Own

Use the prompts on these cards to pray your own breath prayers to God.

### breath prayer

#### PROMPT

*Inhale*  
seeking the Lord's guidance...

*Exhale*  
stress and hurry

### breath prayer

#### PROMPT

*Inhale*  
the peace of Christ

*Exhale*  
worry, anger, guilt or shame.

### breath prayer

#### PROMPT

*Inhale*  
entrusting yourself to Jesus

*Exhale*  
to let go of fear

### breath prayer

#### PROMPT

*Inhale*  
the Father's presence & love

*Exhale*  
to stop trying to control or worry  
about \_\_\_\_\_.