



Harmony Prayers

SIMPLE MOMENTS
TO REALIGN WITH GOD

BY HUNTER & KAIT POPPA

*Harmony Prayers:
Simple Moments to Realign with God*

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Harmony Prayers

The heart behind this eBook came from Psalm 46:10, "Be still and know that I am God," and the desire to have a simple prayer resource that helps us recenter our everyday moments on Jesus. Our hope is that these brief prayers will help bring our wills into harmony with the Father's.

There are five Harmony Prayers included with original artwork to help you practice stillness: being present and connecting with God during your day through breath prayer and the practice of surrender. These prayers are purposefully succinct, rhythmic, and repetitive so that you can easily commit them to memory and pause with them at any point during the day to fall back into harmony with God.

We pray that these simple prayers bless you in your abiding life with Jesus.





Harmony Prayer Nº 1

Great Father, recenter my scattered mind on You.

Breathe in: Father God.

Exhale: You are here.

Breathe in: Lord Jesus.

Exhale: Thank You.

Breathe in: Holy Spirit.

Exhale: Guide me today.

O Lord, remind me to rely on:

The mind of Christ, to captivate my thoughts;

the ears to Christ, to hear Your gentle whisper;

the eyes of Christ, to see Your guiding hand;

the words of Christ, to speak what is true in love;

the heart of Christ, to love You and my neighbor;

the hands of Christ, to fulfill the works You've established for me;

and the feet of Christ, to move me in sharing the Gospel of Peace as
I walk in Your ways today. Amen.



Harmony Prayer No 2

Great Father, recenter my scattered mind on You.

Breathe in: Your ways.
Exhale: Instead of my ways.

Breathe in: Follow Jesus.
Exhale: Through the narrow path.

Breathe in: I choose.
Exhale: God's path today.

O Lord, remind me to rely on:

The mind of Christ, to captivate my thoughts;
the ears to Christ, to hear Your gentle whisper;
the eyes of Christ, to see Your guiding hand;
the words of Christ, to speak what is true in love;
the heart of Christ, to love You and my neighbor;
the hands of Christ, to fulfill the works You've established for me;
and the feet of Christ, to move me in sharing the Gospel of Peace as
I walk in Your ways today. Amen.

Harmony Prayer No 3

Great Father, recenter my scattered mind on You.

Breathe in: El Shaddai.

Exhale: You are Lord God Almighty.

Breathe in: Your goodness.

Exhale: Lives in me.

Breathe in: Your faithfulness.

Exhale: Covers generations.

O Lord, remind me to rely on:

The mind of Christ, to captivate my thoughts;

the ears to Christ, to hear Your gentle whisper;

the eyes of Christ, to see Your guiding hand;

the words of Christ, to speak what is true in love;

the heart of Christ, to love You and my neighbor;

the hands of Christ, to fulfill the works You've established for me;

and the feet of Christ, to move me in sharing the Gospel of Peace as
I walk in Your ways today. Amen.



Harmony Prayer Nº 4

Great Father, recenter my scattered mind on You.

Breathe in: I surrender.

Exhale: All to you.

Breathe in: Remind me, God.

Exhale: You are near.

Breathe in: Abba Father.

Exhale: Meet with me.

O Lord, remind me to rely on:

The mind of Christ, to captivate my thoughts;

the ears to Christ, to hear Your gentle whisper;

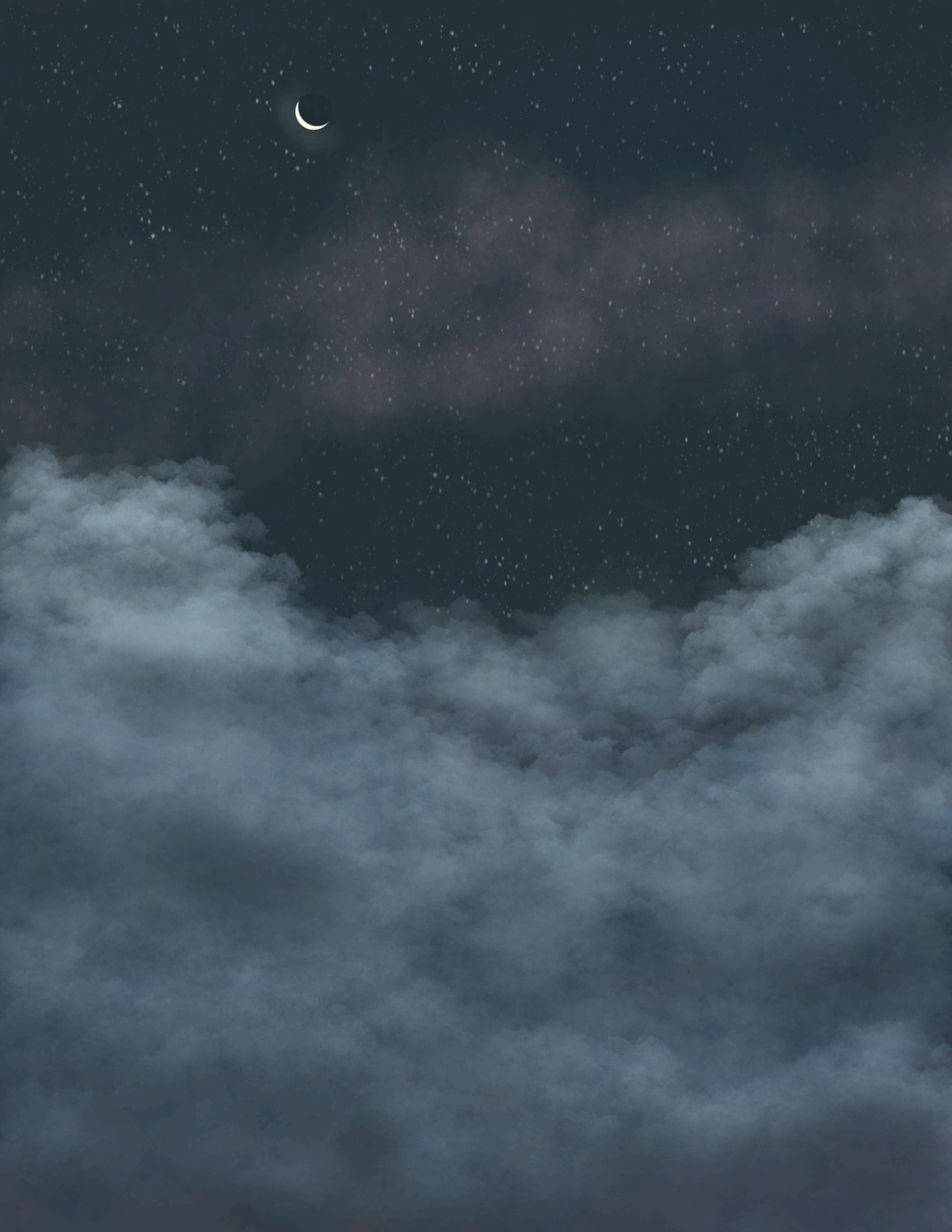
the eyes of Christ, to see Your guiding hand;

the words of Christ, to speak what is true in love;

the heart of Christ, to love You and my neighbor;

the hands of Christ, to fulfill the works You've established for me;

and the feet of Christ, to move me in sharing the Gospel of Peace as
I walk in Your ways today. Amen.



Harmony Prayer Nº 5

Great Father, recenter my scattered mind on You.

Breathe in: Father of Light.
Exhale: You are Loving-kindness.

Breathe in: I'm ready.
Exhale: To hear from You.

Breathe in: Usher me.
Exhale: Into Your holy grace.

O Lord, remind me to rely on:

The mind of Christ, to captivate my thoughts;
the ears to Christ, to hear Your gentle whisper;
the eyes of Christ, to see Your guiding hand;
the words of Christ, to speak what is true in love;
the heart of Christ, to love You and my neighbor;
the hands of Christ, to fulfill the works You've established for me;
and the feet of Christ, to move me in sharing the Gospel of Peace as
I walk in Your ways today. Amen.

