

Breath Prayers

Breath prayers can be helpful when we are feeling anxious, our bodies are tense or just when we are struggling to focus or rest in prayer.

They are simple, short prayers than can be prayed in rhythm with our breathing. We pray the first part as we inhale, and the second part as we exhale.

—

“You are my refuge . . . and my strength”

“Come . . . Lord Jesus”

“Loving God . . . I belong to You”

“There is no fear . . . in your love”

“Light of the world . . . show me the way”