

# Breath Prayers

A “breath prayer” is a simple prayer with lines that can be with lines that can be spoken as we breath. The most famous is the ancient Jesus prayer

...

*Lord Jesus Christ  
Son of the Living God  
Have mercy on me  
Your beloved child*

You can either say one line as you breathe in and the next as you breathe out ...

or you can say a line each time you breath out.

Begin by simply slowing down.

You may want to begin by praying the Lord’s Prayer – with each line on a different breath.

Then choose a breath prayer that feels suitable for you at the moment. Then repeat. You may want to pray listening to some reflective ambient music.

I hope that with practice you will find yourself using these breath prayers during moments of stillness and quiet during your normal day.

## Some examples of “breath prayers”

*Inhale: Abba Father,  
Exhale: I belong to you.*

*Inhale: Be still,  
Exhale: and know that He is God.*

*Inhale: Your race is sufficient  
Exhale: and your power  
Inhale: is made perfect in  
Exhale: in weakness*

*Inhale:* **There is no fear,**  
*Exhale:* **in your love.**

*Inhale:* **I will not be afraid,**  
*Exhale:* **for you are with me.**

*Inhale:* **You are my refuge,**  
*Exhale:* **and my strength.**

*Inhale:* **Both day and night,**  
*Exhale:* **I belong to you.**

*Inhale:* **I find rest,**  
*Exhale:* **in your shelter.**

*Inhale:* **Peace of Christ,**  
*Exhale:* **guard my heart and mind.**

*Inhale:* **Humble and gentle one,**  
*Exhale:* **you are rest for my soul.**

*Inhale:* **You surround me with love**  
*Exhale:* **and tender mercies**  
*Inhale:* **You fill my life**  
*Exhale:* **with good things**  
*Inhale:* **You are my shepherd,**  
*Exhale:* **I shall not want**

*Inhale:* **On earth,**  
*Exhale:* **as it is in heaven**

*Inhale:* **Father God,**  
*Exhale:* **I need your peace**

*Inhale:* **Holy Spirit,**  
*Exhale:* **fill me**

*May the peace of God rest in your hearts and your minds*  
*May the peace of Christ guide your meeting and relating*  
*May the peace of the Spirit inspire your living and loving*  
*Until God's shalom covers the whole earth.*