

FUMCT WELLNESS – heart, soul, mind, strength - The Power of Breath Prayers

Information from *Breath as Prayer – Calm Your Anxiety, Focus Your Mind, and Renew Your Soul*
by Jennifer Tucker

The breath prayer is a short prayer of praise and petition that focuses on our awareness of the Presence of God. By connecting it to our breathing, we remember that prayer can be natural and unceasing – part of who we are. **Because they combine the science of deep breathing and meditation on God’s Word, breath prayers are powerful tools that can be used to calm anxiety.** The first half is prayed while inhaling and the second half is prayed while exhaling. The prayer is repeated several times as a way to process and reflect on the words. Unlike Mantra Meditation which uses repetition of a word or phrase as a way of blotting out thoughts and emptying the mind, breath prayers are **mindful** - focusing the mind on Christ and filling the mind with His truth. They are unique, reflecting each individual’s needs and personal relationship with God.

Breath prayers can be done at any time and place where you are able to pause, be still, and breathe. Breathe in deeply and slowly through your nose. Fill your lungs completely, focusing on the lower lungs so that your stomach expands while your upper chest remains still. Breathe out slowly through your mouth, emptying your lungs fully. Remember this with the phrase, “Smell the flowers, blow out the candles.”

Here are some breath prayers to try and practice as you work on discovering YOUR breath prayer:

(inhale) The Lord is my Shepherd, *(exhale)* I have all that I need. **Psalm 23:1**

(inhale) You are my shield, *(exhale)* I trust you to help me. **Psalm 28:7**

(inhale) I give my burdens to You; *(exhale)* You will take care of me. **Psalm 55:22**

(inhale) Guard my heart and mind, *(exhale)* with Your indescribable peace. **Philippians 4:7**

(inhale) Nothing can separate me, *(exhale)* from Your love. **Romans 8: 38-39**

(inhale) Your grace is all I need; *(exhale)* Your power works best in my weakness. *(inhale)* When I am weak, *(exhale)* then I am strong. **2 Corinthians 12:9-10**

(inhale) Lord, I believe, *(exhale)* help my unbelief. **Mark 9:24**

(inhale) I hold tight to my hope in You, *(exhale)* You can be trusted to keep Your promise. **Hebrews 10:23**

(inhale) Still my soul; *(exhale)* You are God. **Psalm 46:10**

(inhale) You do not give me a spirit of fear, *(exhale)* but of power and love and self-control. **2 Tim 1:7**

(inhale) Help me live my faith, *(exhale)* and not by sight. **2 Cor 5:7.**

(inhale) God of hope I trust You, *(exhale)* fill me with joy and peace. **Romans 15:13**

(inhale) There is no fear, *(exhale)* in Your love. **1 John 4:18**

(inhale) Your word is a lamp to me feet; *(exhale)* You light up my darkness. **Psalm 18:28**

(inhale) You created my inmost being; *(exhale)* I am fearfully and wonderfully made. **Psalm 139:13-14**

(inhale) I trust You, Lord *(exhale)* with all my heart. **Proverbs 3:5**