



WORD OF LIFE CHURCH
FORMATION SCHOOL

Breath Prayers

Breath Prayer is an ancient form of prayer and it is easily adaptable. The word for wind, breath, and spirit in both Greek and Hebrew is the same word—*ruach* in Hebrew and *pneuma* in Greek. To pray these prayers requires attention to your breathing. First inhale. Fill your whole self with breath. Feel air in your lungs offer the first line of a prayer in a whisper as you breathe in. Then slowly exhale while praying the second line of the prayer.

Become aware of your body. Sit in a way that is comfortable for you, a position that will allow you to take a deep breath in and out. Close your eyes. Then imagine a room or a place where you feel safe, your own sanctuary: it can be a real place or one that exists in your imagination. Imagine yourself in that sanctuary. Imagine the way the air smells and the way the light feels.

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

*Inhale: True Vine and Gardener,
Exhale: I abide in You.*

*Inhale: Nothing can separate me,
Exhale: from the love of God.*

*Inhale: Be still
Exhale: and know you are God.*

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

*Inhale: Your grace
Exhale: is enough for me.*

*Inhale: There is no fear
Exhale: in your Love.*

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

*Inhale: You are our refuge
Exhale: and our strength.*

*Inhale: Both day and night
Exhale: belong to You.*

*Inhale: I find rest
Exhale: in Your shelter.*

*Inhale: You surround me with love
Exhale: and tender mercies.*

*Inhale: You fill my life
Exhale: with good things.*

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

Amen

These prayers were written by Sarah Bessey and reprinted with permission.

<https://sarahbessey.substack.com/p/breath-prayers-for-anxious-times>