



Breath Prayers

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. MARK 1:35 NIV

Even in the midst of his ministry, Jesus found time to pause, be silent, and pray to help focus and ground himself as he began his day. A breath prayer allows us to stop, be still and silent, and turn to God when anxiety overwhelms us.

There is a simple way of praying known by some as "breath prayers." A breath prayer is a one sentence prayer you can repeat throughout your day to keep yourself focused on God and become more aware and open to His presence with us.

The breath prayer is usually said silently within. Under your breath more or less. It is done easily in one breath and is natural like breathing in and breathing out a prayer thought. Here are 4 easy steps you can take to learn to do this followed by an example to get you started!

1. Stop — allow yourself to be still. Relax, and take deep breaths.
2. Take in the silence. Allow your mind to be still and welcoming to God's presence.
3. Choose one word or a short phrase to help bring focus to your mind and center yourself. The prayer you choose can be something specifically connected to your anxiety. Or it could be phrases such as "Be still and know that I am God" (Psalm 46:10) or "Speak Lord, I am listening" (1 Samuel 3:10). You can repeat the prayer once, or multiple times, allowing yourself to breathe in God's peace and breathe out all of your worries.
4. Speak your breath prayer when you begin to feel overwhelmed or anxious again.



EXAMPLE:

You can begin by using Jeremiah 29:11-13 (chapter 29, verses 11 through 13) or John 1:1-4 as the sources for your "breath prayers."

Let's read Jeremiah then see an example breath prayer:

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. (Jeremiah 29:11-13)

Example Breath Prayer – "I am seeking you."

Now you try. Read Jeremiah 29:11-13 above and write a very short sentence you could repeat throughout the day.

My Breath Prayer from Jeremiah 29:11-13 is...

Record any thoughts or insights you have as you do this. Begin each day this week by reading a verse from the Bible. Write a simple breath prayer. Use your breath prayer throughout the day, then end the day by recording your thoughts and insights in a journal.

Begin today by preparing yourself to seek God before you even head out for the day. Read a scripture passage for the day. Pray your breath prayer and ask God to draw near to you today.