



Quality Time with God

Ready Your Heart with Breath Prayer

Breath Prayer is a simple yet profound spiritual discipline with a variety of benefits. It's an excellent way to **center your heart and mind** before beginning a longer prayer time, helping to focus your thoughts, emotions, and soul on your connection with God. Beyond that, Breath Prayer is beneficial in moments when you're struggling to find the words to pray, or when you need a simple tool to **lower anxiety and heart rate** by intentionally slowing down.

To practice Breath Prayer, simply close your eyes and focus on your breathing. As you **breathe in**, inhale a word that reflects a gift or attribute of the Lord, such as "**Grace**" or "Love." Take a moment to silently reflect on the depth of that word—what it means and how the Lord extends it to you. As you **breathe out**, exhale a word that reflects your response to Him, such as "**Praise**" or "Thanks." Consider how you might offer that response to God today in relation to the attribute you've just received.

It's natural for your mind to wander during this practice. When it does, simply show yourself **grace** and gently guide your attention back to your breathing and your chosen words. Repeat this focused breathing for about **30 seconds** or until you feel your entire being is focused and centered on the Lord.

Breath Prayer Examples

Breathe In

Grace
Love
Peace
Forgiveness
Jesus
Goodness
Salvation

Breathe Out

Praise
Adoration
Joy
Obedience
Reverence
Gratitude
Faith

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"Live life with the mindset the Lord intended"