Breathe In Grace, Breathe Out Fear

A breath prayer is short on purpose — a few words from Scripture, prayed in rhythm with your breathing. Breathe in on the first line, breathe out on the second. Slow. No rush. Let the words do the work.

> **INHALE** “The Lord is my shepherd;”
> **EXHALE** “I have all that I need.”
>
> — Psalm 23:1 (NLT)

> **INHALE** “Be still, and know that I am God!”
> **EXHALE** “I will be honored by every nation. I will be honored throughout the world.”
>
> — Psalm 46:10 (NLT)

> **INHALE** “But when I am afraid,”
> **EXHALE** “I will put my trust in you.”
>
> — Psalm 56:3 (NLT)

> **INHALE** “Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God.”
> **EXHALE** “I will strengthen you and help you. I will hold you up with my victorious right hand.”
>
> — Isaiah 41:10 (NLT)

> **INHALE** “Come to me, all of you who are weary and carry heavy burdens,”
> **EXHALE** “and I will give you rest.”
>
> — Matthew 11:28 (NLT)

Pick one. Pray it three times slow. That’s enough.

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