

# Breath Prayers

## Psalm 23

Inhale: "I will not be afraid"

Exhale: "for You are with me"

## Psalm 46:1

Inhale: "You are our refuge"

Exhale: "and our strength"

## Romans 8:38-39

Inhale: "Nothing can separate me"

Exhale: "from the love of God"

## 2 Cor. 12:9

Inhale: "Your grace"

Exhale: "is enough for me"

## Psalm 46:10

Inhale: "Be still"

Exhale: "and know you are God"

## Philippians 4:7

Inhale: "Peace of Christ,"

Exhale: "guard my heart and mind"

## Psalm 56:3

Inhale: "When I am afraid"

Exhale: "I will trust you"

Come,  
Lord Jesus