

PRACTICE GUIDE

Breath Prayer

A one-minute practice in trust

"When I am afraid, I will trust in You." -- Psalm 56:3

Breath Prayer is one of the oldest Christian contemplative practices -- and one of the most effective ways to calm an anxious nervous system. Pair a short phrase with each breath and let your body follow your faith.

THE PRACTICE

- 1 Inhale slowly (4 sec)**
Silently repeat an inhale phrase, e.g. "When I am afraid"
- 2 Exhale slowly (4 sec)**
Silently repeat a response, e.g. "I will trust in You"
- 3 Repeat for 1 minute**
One breath at a time. That's the whole practice.

TIP

*Other pairs: "Be still" / "and know" * "Come, Lord" / "I need You" * "You are good" / "I am held"*