

THIS WEEK'S PRACTICE

Breath Prayer

A one-minute practice for an anxious moment — no app, no login, just breath and a verse.

“Be still, and know that I am God.”

Psalm 46:10

HOW TO PRACTICE IT

1

Breathe in slowly through your nose, four counts.

“Be still...”

2

Breathe out slowly through your mouth, six counts.

“...and know that You are God.”

3

Repeat for one minute, or as long as you need.

You don't have to fix anything right now.

Breath prayer pairs a short line of Scripture with your inhale and exhale — it gives an anxious body something simple to do while the truth of the verse settles in. It's not a substitute for professional care, but it's a real place to start, and it works anywhere: a pew, a parking lot, a hospital waiting room.



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