Breathing Prayers

While we breathe, we will hope
Barack Obama

Breathing is amazing! Beyond the obvious benefit of literally keeping us alive - breathing slowly and deeply is one of the most simple ways of helping to settle our nervous system and increase feelings of calm and wellbeing. Deep breathing can have a range of wider health benefits, including lowering your blood pressure, reducing stress hormones, balancing levels of oxygen and Co2 and improving your immune system.

For me, joining deep breathing with prayer and scripture is a no brainer! These simple Breathing Prayers are a great way to punctuate your day with moments of stillness.

You can print and cut out the cards and keep them in your wallet or on your desk as a regular reminder throughout the day to be still and to walk with Jesus.
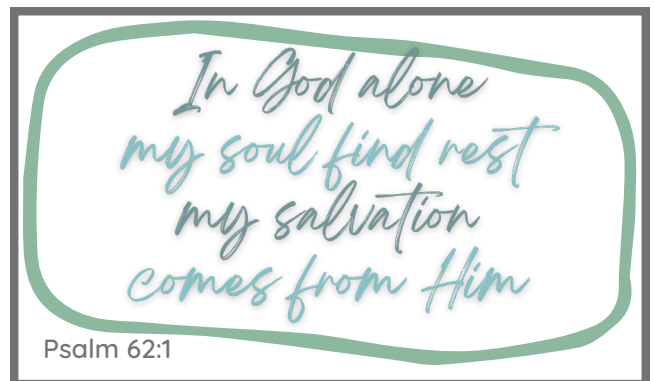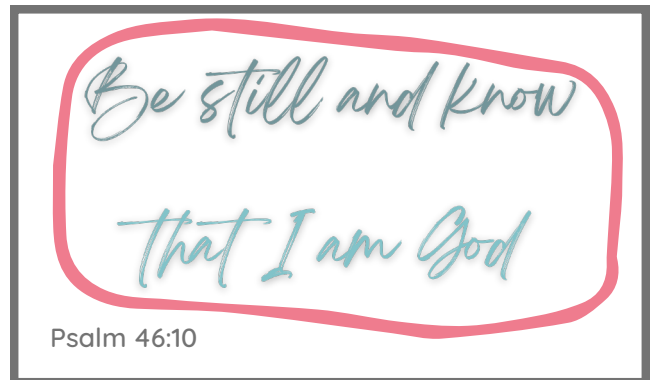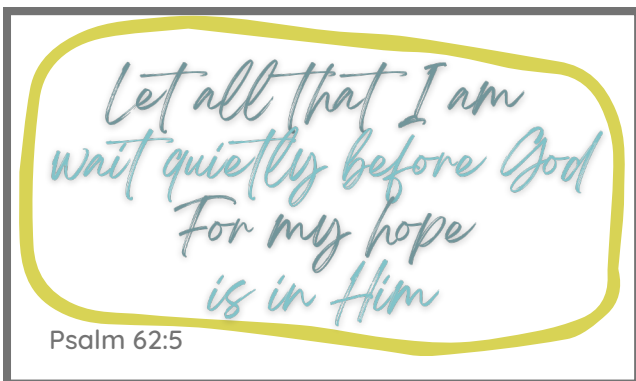
Breathe in slowly
as you read the words in dark blue
Breathe out slowly
as you read the words in light blue

I like to hold a small cross as I repeat this 3 times, reminding myself that whatever is happening - God is present and is Lord

Be still and know that I am God
Psalm 46:10

Let all that I am wait quietly before God For my hope is in Him
Psalm 62:5

In God alone my soul find rest my salvation comes from Him
Psalm 62:1

Living Well

Stillness

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