

BREATHE PRAYER

INHALING AND EXHALING PRAYER AND PRAISE

1 Thessalonians 5:17 Pray without ceasing

Inhale.

Pray.

Exhale.

Pray OR Breathe in.

Breathe out.

Pray.

Prayer is as natural as breathing to the Child of God. Below are some short Scriptures that one can use to set their heart and mind on the Lord and call out to Him just while breathing or going about normal daily tasks. This is also a way to de-stress through controlled breathing and focus on the Father.

Matthew 6:9-13 (each line a prayer)

Our Father in heaven, hallowed be your name
Your kingdom come, your will be done, on earth as it is in heaven
Give us this day our daily bread
Forgive us our debts, as we also have forgiven our debtors
And lead us not into temptation, but deliver us from evil

SCRIPTURES

Luke 17:13 - Jesus, Master, have mercy on us

Psalms 46:10 - Be still and know that I am God

1 Samuel 3:10 - Speak (Lord), for your servant is listening

Luke 22:42 - not my will (Lord), but yours, be done

Psalms 16:11 - In Your presence there is fullness of joy

Mark 9:24 - I believe (Lord); help my unbelief

John 14:13 - Whatever you ask in my name, this I will do

Genesis 32:26 - I will not let you go (Lord) unless you bless me

Psalms 23:1 - The Lord is my Shepherd; I shall not want

Psalms 34:1 - I will bless the Lord at all times

1 John 4:4 - He who is in you is greater than he who is in the world

Romans 8:37 - in all these things we are more than conquerors through him who loved us

Isaiah 54:17 - No weapon that is formed against you shall prosper

Isaiah 53:5 - By His wounds we are healed

Nehemiah 8:10 - And do not be grieved, for the joy of the Lord is your strength

Isaiah 26:3 - You keep him in perfect peace whose mind is stayed on you

Psalm 9:1 - I will give thanks to the Lord with my whole heart

Job 1:21 - The Lord gave, and the Lord has taken away; blessed be the name of the Lord

Genesis 32:26 - I will not let you go unless you bless me

Acts 17:28 - In him we live and move and have our being

Philippians 1:21 - For to me to live is Christ, and to die is gain

Philippians 4:13 - I can do all things through him who strengthens me

Habakkuk 2:4 - the righteous shall live by his faith

Psalm 121:2 - My help comes from the Lord, who made heaven and earth

Ephesians 5:18 - be filled with the Spirit

Psalm 18:1 - I love you, O Lord, my strength

Psalm 118:24 - This is the day that the Lord has made; let us rejoice and be glad in it.

Revelation 22:20 - Come, Lord Jesus

1 John 4:8 - God is love

Lamentations 3:23 - great is your faithfulness

Psalm 115:1 - Not to us, O Lord, not to us, but to your name give glory

Psalm 107:1 - Oh give thanks to the Lord, for he is good, for his steadfast love endures forever

Mark 9:24 - I believe; help my unbelief

Proverbs 16:9 - The heart of man plans his way, but the Lord establishes his steps

Luke 1:37 - For nothing will be impossible with God

Psalm 19:1 - The heavens declare the glory of God

Exodus 33:18 - Show me your glory

Hebrews 13:8 - Jesus Christ is the same yesterday and today and forever

Psalm 56:3 - When I am afraid, I put my trust in you

Colossians 3:2 - Set your minds on things that are above

2 Timothy 1:7 - for God gave us a spirit not of fear but of power and love and self-control

Psalm 37:4 - Delight yourself in the Lord, and he will give you the desires of your heart

Philippians 4:4 - Rejoice in the Lord always

Psalm 150:6 - Praise the Lord

Psalm 119:11 - I have stored up your word in my heart, that I might not sin against you

James 4:8 - Draw near to God, and he will draw near to you

Matthew 6:8 - your Father knows what you need before you ask him

2 Corinthians 12:9 - My grace is sufficient for you

Romans 8:26 - the Spirit helps us in our weakness

James 5:16 - The effective, fervent prayer of a righteous man avails much

2 Timothy 2:13 - If we are faithless, He remains faithful; He cannot deny Himself

1 Corinthians 1:9 - God is faithful

1 Thessalonians 5:24 - He who calls you is faithful, who also will do it.

Psalm 48:14 - For this is God, Our God forever and ever; He will be our guide Even to death

Isaiah 43:1 - Fear not, for I have redeemed you; I have called you by your name; You are Mine

Psalm 73:26 - My flesh and my heart fail; But God is the strength of my heart