

# Breath Prayers

## Psalm 23

Inhale: I will not be afraid  
Exhale: for You are  
with me

## 2 Corinthians 12:9

Inhale: Your grace  
Exhale: is enough for me

## Psalm 46:10

Inhale: Be still  
Exhale: and know that  
you are God

## Psalm 46:1

Inhale: You are  
our refuge  
Exhale: and our strength

## Psalm 56:3

Inhale: When I am afraid  
Exhale: I will trust you

Inhale: Come  
Exhale: Lord Jesus

## Romans 8:38-39

Inhale: Nothing can  
separate me  
Exhale: from God's love

## Philippians 4:7

Inhale: Peace of Christ  
Exhale: guard my heart  
and mind