

Breathing Prayers

Use these prayers as you breathe to keep God flowing through you throughout the day:



1. Breathing in... *Thank you God*
Breathing out... *for all my blessings.*

2. Breathing in... *Lord Jesus Christ,*
Breathing out... *have mercy on me a sinner.*

3. Breathing in... *You are with me*
Breathing out... *now and always.*

4. Breathing in... *Fill me up*
Breathing out... *with your great love for me!*

5. Breathing in... *Your power*
Breathing out... *moves through me.*

6. Breathing in... *Teach me Lord*
Breathing out... *to be generous.*

7. Breathing in... *Lord keep me mindful*
Breathing out... *of those in need.*

8. Breathing in... *All I have*
Breathing out... *I offer to You!*