

## Breathing Prayer

1. Become aware of your breathing.
2. Start counting backwards from 10 down to 1 on each "out" breath.
3. Look around where you are and be thankful.  
On the "in" breath say to yourself "Yes, yes, yes".  
On the "out" breath say "Thank you, thank you, thank you."  
Repeat 4 more times.
4. On the "in" breath say: "The Lord is my shepherd".  
On the "out" breath say "I shall not want".  
Repeat 4 more times.
5. On the "in" breath say: "By grace, I have been saved by faith".  
On the "out" breath say "Not by works, lest anyone should boast".  
Repeat 4 more times.
6. On the "out" breath say "I live, but not I".  
On the "in" breath say "Christ lives within me".  
Repeat 4 more times.
7. On the "in" breath say "The Lord says".  
On the "out" breath say "Fear not".  
On the "in" breath say "For I am with thee".  
On the "out" breath relax and let all tension and stress leave your body.  
Repeat 4 more times.