

JESUS FOR THE ANXIOUS

Breath Prayers

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INTRODUCTION

A simple breath seeps into our spiritual, emotional and physical selves, either causing chaos with a shallow pulse or peace in a deep stretch. The following instructions and breath prayers are designed to help you take control of your breathing, bringing the spiritual, emotional and physical peace that naturally results from combining prayer with healthy breathing patterns.

How to practice deep breathing

The goal of deep breathing is to push oxygen deep into your diaphragm—the lower part of your belly—as opposed to your chest and shoulders. If your chest and shoulders move as you breathe, try pushing your shoulders down gently and keep doing the exercise, focusing on expanding your belly with each breath. Expansion in the belly is an indicator of a good, diaphragmatic breath.

- Sit or lie in a comfortable position. Relax the muscles in your body as best you can. If they remain tense, don't force it. The muscles should relax on their own throughout the breathing practice.
- Inhale through your nose for 4 seconds (notice your belly expanding)
- Hold for 4 seconds
- Exhale through pursed lips for 8 seconds, pushing every last bit of air out. (notice your belly deflating)

Repeat for a total of 8 breath cycles (about 2 minutes)



WEEK 1: LEARN WITH JESUS

Day 1

Inhale: “Help me to...”

Hold

Exhale: “...trust in you.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 2

Inhale: “My soul finds...”

Hold

Exhale: “...rest in you.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 3

Inhale: “You’re my refuge...”

Hold

Exhale: “...and my strength.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 4

Inhale: “Bless me Lord...”

Hold

Exhale: “...with your peace.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 5

Inhale: “I am safe...”

Hold

Exhale: “...in your presence.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 6

Inhale: “Lord I dwell...”

Hold

Exhale: “...in your shelter.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 7

Inhale: “I trust in...”

Hold

Exhale: “...the name of God.”

Repeat for a total of 8 breath cycles (about 2 minutes)

WEEK 2: BREATHE WITH JESUS

Day 1

Inhale: “Be strong, take heart...”

Hold

Exhale: “...wait for the Lord.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 2

Inhale: “You are Jesus...”

Hold

Exhale: “...I won’t fear.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 3

Inhale: “Point me, Lord...”

Hold

Exhale: “...to your peace.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 4

Inhale: “You’re my help...”

Hold

Exhale: “...and my deliverer.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 5

Inhale: “Lord this breath...”

Hold

Exhale: “...comes from you.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 6

Inhale: “Jesus anytime...”

Hold

Exhale: “...Jesus anywhere.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 7

Inhale: “When I called...”

Hold

Exhale: “...you answered me.”

Repeat for a total of 8 breath cycles (about 2 minutes)

WEEK 3: ENGAGE THE MIND WITH JESUS

Day 1

Inhale: “You refresh...”

Hold

Exhale: “...my weary soul.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 2

Inhale: “In the storm...”

Hold

Exhale: “...you are peace.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 3

Inhale: “In this place...”

Hold

Exhale: “...you are here.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 4

Inhale: “Your presence, Lord...”

Hold

Exhale: “...brings me peace.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 5

Inhale: “You are here...”

Hold

Exhale: “...I am here.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 6

Inhale: “You provide...”

Hold

Exhale: “...peace right now.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 7

Inhale: “You never leave...”

Hold

Exhale: “...you never forsake.”

Repeat for a total of 8 breath cycles (about 2 minutes)

WEEK 4: THE POWER OF THE BODY: GOD'S IMPRESSIVE CREATION

Day 1

Inhale: "When I'm tense..."

Hold

Exhale: "...you bring peace."

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 2

Inhale: "Be my rock..."

Hold

Exhale: "...be my refuge."

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 3

Inhale: "Your words, Lord..."

Hold

Exhale: "...bring me peace."

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 4

Inhale: "You welcome me..."

Hold

Exhale: "...like a child."

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 5

Inhale: "Take my anxiety..."

Hold

Exhale: "...bring me peace."

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 6

Inhale: "As I breathe..."

Hold

Exhale: "...you bring calm."

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 7

Inhale: "Have mercy on me..."

Hold

Exhale: "...oh, my Lord."

Repeat for a total of 8 breath cycles (about 2 minutes)

WEEK 5: FOLLOW JESUS IN REST

Day 1

Inhale: "I surrender..."

Hold

Exhale: "...my time to you."

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 2

Inhale: "My identity..."

Hold

Exhale: "...rests in you."

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 3

Inhale: "I surrender..."

Hold

Exhale: "...my plans to you."

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 4

Inhale: "I surrender..."

Hold

Exhale: "...my Sabbath to you."

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 5

Inhale: "Fill my pitcher..."

Hold

Exhale: "...choose my cups."

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 6

Inhale: "Lord in you..."

Hold

Exhale: "...I find rest."

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 7

Inhale: "I surrender..."

Hold

Exhale: "...all to you."

Repeat for a total of 8 breath cycles (about 2 minutes)

WEEK 6: SELF-EXAMINATION WITH JESUS

Day 1

Inhale: "Search me, God..."

Hold

Exhale: "...know my heart."

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 2

Inhale: "Fix my eyes..."

Hold

Exhale: "...on you, Lord."

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 3

Inhale: "Help me to..."

Hold

Exhale: "...know you, Lord."

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 4

Inhale: "Fix my heart..."

Hold

Exhale: "...on your truth."

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 5

Inhale: "You made me..."

Hold

Exhale: "...you formed me."

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 6

Inhale: "My self-worth..."

Hold

Exhale: "...comes from you."

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 7

Inhale: "You made me..."

Hold

Exhale: "...your masterpiece."

Repeat for a total of 8 breath cycles (about 2 minutes)

WEEK 7: RELATIONSHIP SKILLS WITH JESUS

Day 1

Inhale: “Help me, Lord...”

Hold

Exhale: “...to do my part.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 2

Inhale: “When others don’t see me...”

Hold

Exhale: “...you do, Lord.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 3

Inhale: “Tell me, Lord...”

Hold

Exhale: “...when to speak.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 4

Inhale: “Tell me, Lord...”

Hold

Exhale: “...what to say.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 5

Inhale: “Show me, Lord...”

Hold

Exhale: “...how to speak.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 6

Inhale: “Give me your eyes...”

Hold

Exhale: “...Oh Lord, my God.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 7

Inhale: “Jesus is...”

Hold

Exhale: “...the perfect friend.”

Repeat for a total of 8 breath cycles (about 2 minutes)

WEEK 8: MOVING FORWARD

Day 1

Inhale: “Help me, Lord...”

Hold

Exhale: “...to surrender control.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 2

Inhale: “Your compassions...”

Hold

Exhale: “...never fail.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 3

Inhale: “I surrender...”

Hold

Exhale: “...my wooden beams.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 4

Inhale: “God is peace...”

Hold

Exhale: “...God provides.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 5

Inhale: “Thank you, Lord...”

Hold

Exhale: “...for this journey.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 6

Inhale: “Show me, Lord...”

Hold

Exhale: “...where to move.”

Repeat for a total of 8 breath cycles (about 2 minutes)

Day 7

Inhale: “Thank you, Lord...”

Hold

Exhale: “...for what’s to come.”

Repeat for a total of 8 breath cycles (about 2 minutes)