

Breath Prayers by Lynn McCann
Set 1 - Easy Read Version (ERV)
Set 2 - New International Version (NIV)

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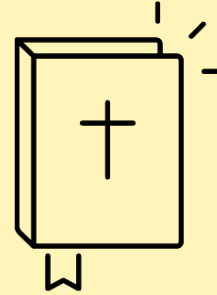
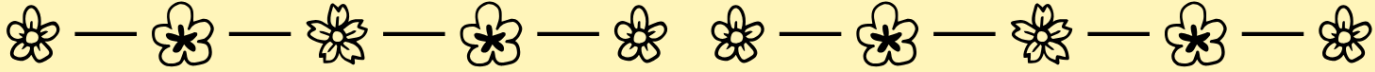
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SET 1





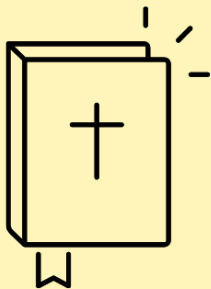
Breathe In:

"God, help me to be still..."



Breathe Out:

"I choose to stop worrying."



"God says, 'Stop fighting and know that I am God!'" – Psalm 46:10 (ERV)





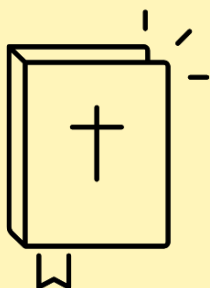
Breathe In:

"Jesus, You are my Shepherd..."



Breathe Out:

**"You will always take care of
me."**



**"The Lord is my shepherd. I will
always have everything I need."
– Psalm 23:1 (ERV)**





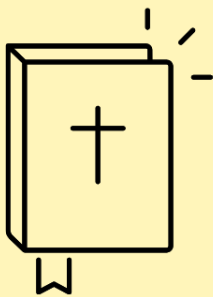
Breathe In:

"You, Lord, are my safe place..."



Breathe Out:

"I will trust in You."



"I say to the Lord, 'You are my place of safety, my fortress, my God. I trust in you.'" – Psalm 91:2 (ERV)





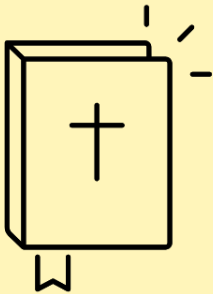
Breathe In:

"When I feel afraid..."



Breathe Out:

"I will trust in You."



"When I am afraid, I will trust in
you." – Psalm 56:3 (ERV)





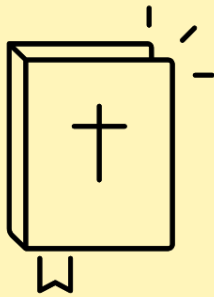
Breathe In:

"The joy of the Lord..."



Breathe Out:

"gives me strength."



"Don't be sad. The joy that the Lord gives you will make you strong." – Nehemiah 8:10 (ERV)





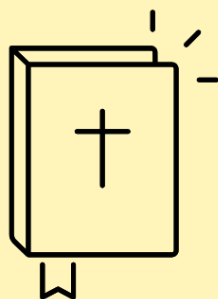
Breathe In:

"God, make my heart clean..."



Breathe Out:

"fill me with Your love."



"God, create a pure heart in me,
and make my spirit strong again." –
Psalm 51:10 (ERV)





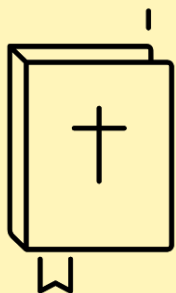
Breathe In:

"Not what I want..."



Breathe Out:

"but what You want, Lord."



**"Father, if you are willing, please
don't make me drink from this cup.
But do what you want, not what I
want." – Luke 22:42 (ERV)**





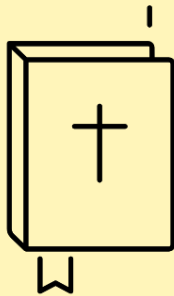
Breathe In:

"Jesus, You are my light..."



Breathe Out:

"shine in my darkness."



"I am the light of the world. Whoever follows me will never live in darkness. They will have the light that gives life." – John 8:12 (ERV)





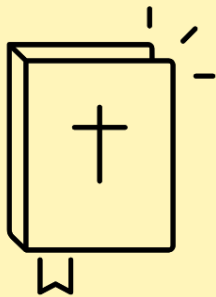
Breathe In:

"The Lord is near..."



Breathe Out:

"I will not worry but trust You."



"The Lord is near. Don't worry about anything, but pray and ask God for everything you need, always giving thanks for what you have." –

Philippians 4:5-6 (ERV)





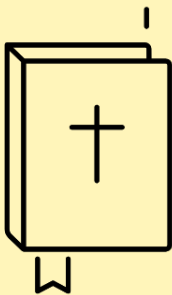
Breathe In:

"Jesus, I come to You..."



Breathe Out:

"give me rest."



"Come to me, all of you who are tired from the heavy burdens you have been forced to carry, and I will give you rest." – Matthew 11:28 (ERV)





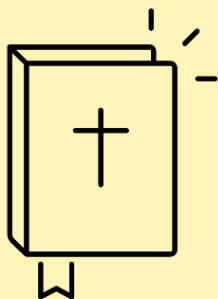
Breathe In:

"Your love, Lord, never stops..."



Breathe Out:

"You are always faithful."



"The Lord can always be trusted to
show mercy each morning." –
Lamentations 3:23 (ERV)





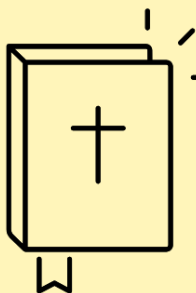
Breathe In:

"God, You are my helper..."



Breathe Out:

"I am not afraid."



- "The Lord is my helper; I will not be afraid. People can do nothing to me."

- Hebrews 13:6 (ERV)





SET 2



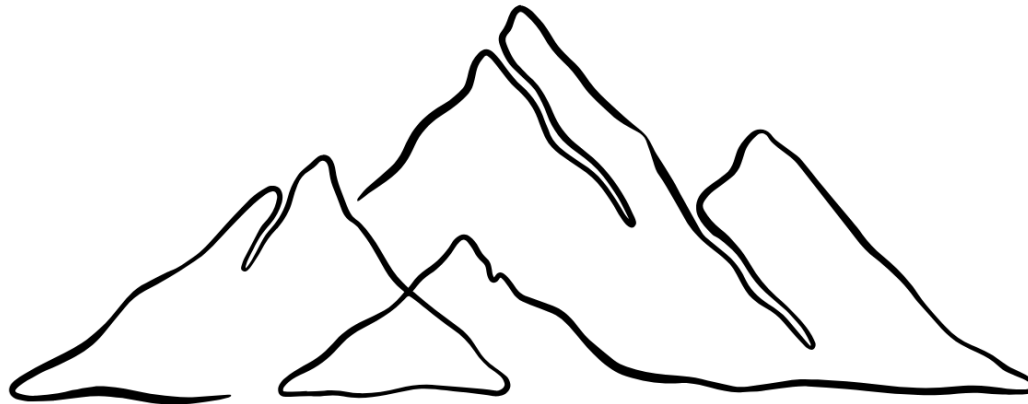
Inhale:

“Jesus, You are my Shepherd, and in You, I lack
nothing.”

Exhale:

No matter what I face today, You provide for me in
every way.

“The Lord is my shepherd, I lack nothing.” - Psalm 23:1





Inhale:

“When I am afraid, I will put my trust in You, Lord.”

Exhale:

“My fears may be strong, but Your love and protection
are stronger.”

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





Inhale:

“You, O Lord, are my refuge and my fortress; I trust
in You.”

Exhale:

“No matter what surrounds me, I am safe in Your
presence.”

“I will say of the Lord, ‘He is my refuge and my fortress,
my God, in whom I trust.’” - Psalm 91:2





Inhale:

“The joy of the Lord is my strength; I find my strength in You.”

Exhale:

“When I feel weak, I will lean on Your joy to carry me through.”

“Do not grieve, for the joy of the Lord is your strength.” -
Nehemiah 8:10





Inhale:

“Create in me a clean heart, O God, and renew a right spirit within me.”

Exhale:

“I release my burdens to You and ask for a heart filled with Your peace.”

“Create in me a pure heart, O God, and renew a steadfast spirit within me.” - Psalm 51:10





Inhale:

“Not my will, Lord, but Yours be done in my life.”

Exhale:

“I surrender my plans to You, knowing Your ways are best.”

“Father, if you are willing, take this cup from me; yet not my will, but yours be done.” - Luke 22:42





Inhale:

“The Lord is near; I will not be anxious, but trust in
You.”

Exhale:

“Even in uncertainty, I choose faith over fear.”

“The Lord is near. Do not be anxious about anything, but in
every situation, by prayer and petition, with thanksgiving,
present your requests to God.” - Philippians 4:5-6





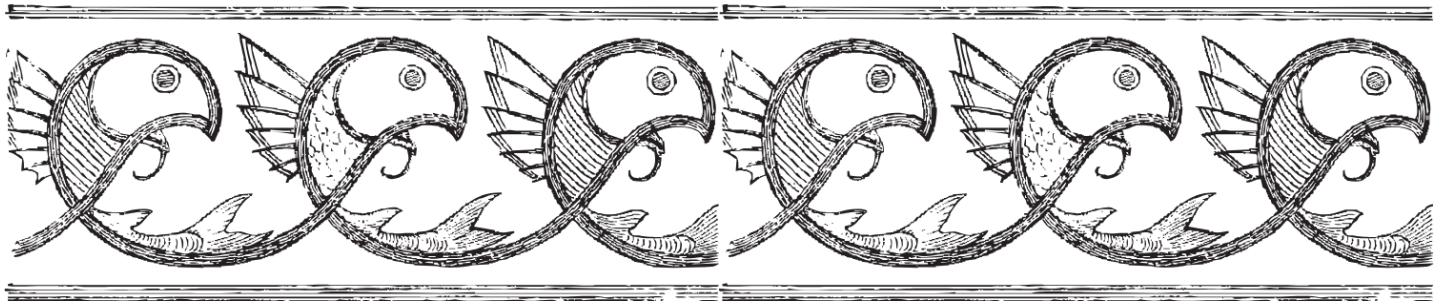
Inhale:

“Jesus, I come to You; give me rest for my weary soul.”

Exhale:

“In You alone, I find the rest my heart longs for.”

“Come to me, all you who are weary and burdened, and I will give you rest.” - Matthew 11:28





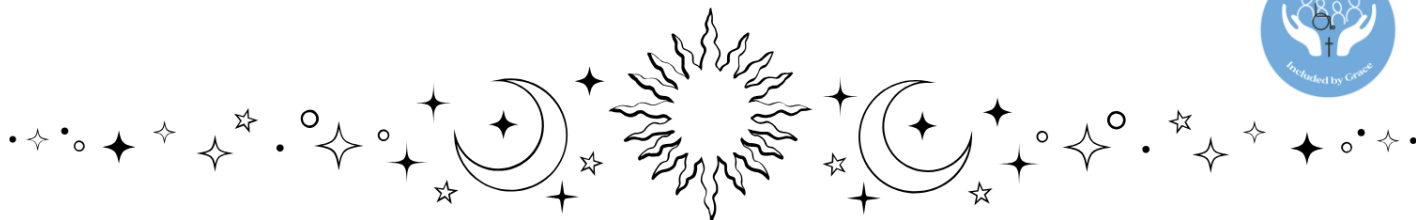
Inhale:

“Jesus, You are the Light of the world; shine in my darkness.”

Exhale:

“Even in my darkest moments, Your light guides my path.”

“When Jesus spoke again to the people, he said, ‘I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.’” - John 8:12





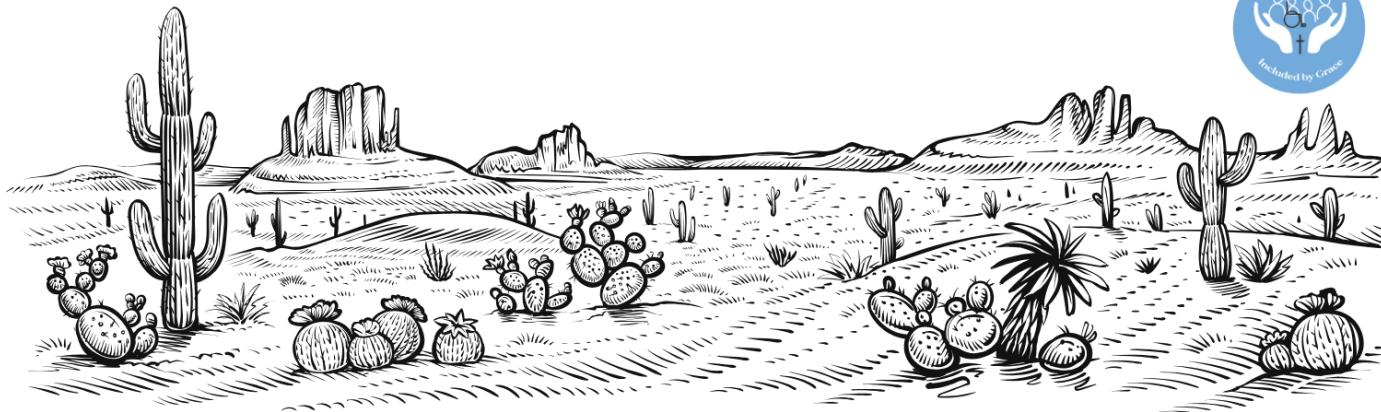
Inhale:

“Hear my prayer, Lord; listen to my cry for mercy.”

Exhale:

“I can call on you for any reason, any time, any
place”

When I am in distress, I call to you,
because you answer me. Psalm 86:7





Inhale:

“The Lord is compassionate, gracious, kind, and faithful.”

Exhale:

“I declare that I am loved, forgiven, accepted, and always yours.”

But you, Lord, are a compassionate and gracious God,
slow to anger, abounding in love and faithfulness.” Psalm
86:15

