

50 Breath Prayers

by Jean Wise

I wrote a blog post about “Breath Prayers” in 2010 and it has been one of the most popular posts since then. Breath prayers are an ancient form of praying.

Breath prayers are short prayers said in one breath. Simple, repetitive and surprisingly ancient. The breath prayer generally involves quietly repeating a chosen phrase for several minutes, allowing the prayer to take on the shape of one’s breathing so that the words accompany every breath.

Breath prayers are brief, simple expressions of the longings of the heart. The idea is to pick a meaningful phrase and repeat it until it becomes a part of your being.

Though usually said silently, breath prayer can also be sung or chanted. Try different approaches. You may soon find several that help you center, find God and bring you comfort.

Breath prayers can be helpful when you just don’t know what to pray, like in times of spiritual dryness or difficulties. This prayer expresses dependence and trust in God that often produces a calm and a sense of nearness to the Lord.

As a gift to you, here is a list of breath prayers you could try. May they bless you in your walk with God:

1. “Lord Jesus Christ” (while breathing in), “have mercy on me, a sinner.” (while breathing out)
2. In you, Lord, I put my trust.
3. Help me understand your ways, Lord.
4. Lord I am yours.
5. My Lord and my God.
6. Peace
7. Faith
8. Come.
9. Love.
10. Abba.
11. Immanuel.
12. Gracious Lord.
13. Only you. Lord.
14. Be still and know that I am God.
15. O Lord, show me your way.
16. Holy one, heal me.
17. Abide in me, Lord.
18. My God and my all.
19. My Jesus, mercy.
20. I belong to you, O Lord.
21. Bless the Lord, my soul.
22. Open my heart to your love.
23. Lord, I give myself to you.
24. Lord, increase my faith.

25. Not my will, but yours be done.
26. Thy kingdom come, Thy will be done.
27. Jesus, my light and my love.
28. May all of my being praise you, Lord.
29. Holy Spirit, pray in me.
30. Lord, do with me what You will.
31. Speak Lord, your servant is listening.
32. I am God's beloved child.
33. Create in me a clean heart
34. You, Lord, are always with me.
35. Selah.
36. The Lord is my Shepherd... I shall not want.
37. Jesus, come into my heart.
38. More of you, less of me.
39. Let me know your peace, O God.
40. Teach me patience, gracious God.
41. Come, Lord Jesus.
42. Show me the way, Lord.
43. Let me feel your love, Lord.
44. Help me, Father.
45. Resting in you, Lord.
46. Direct my heart, dear Lord.
47. Strengthen me, Jesus.
48. Come, Holy Spirit, come.
49. I exalt you, Lord.
50. You are God.

“Prayer does not mean simply to pour out one’s heart. It means rather to find the way to God and to speak with him, whether the heart is full or empty.”

Dietrich Bonhoeffer