

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

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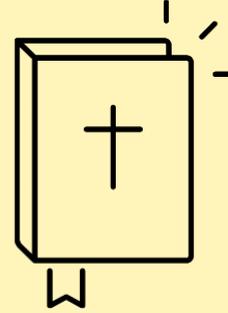
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SET 1





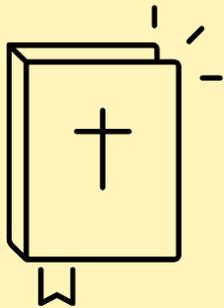
Breathe In:

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



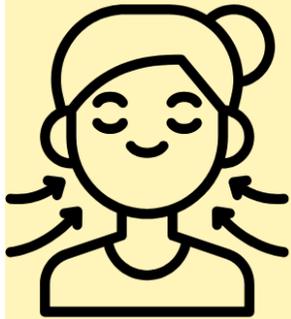
Breathe Out:

"I choose to stop worrying."



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





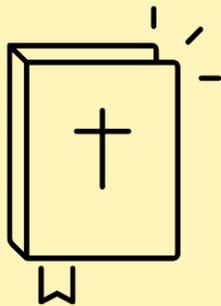
Breathe In:

"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)





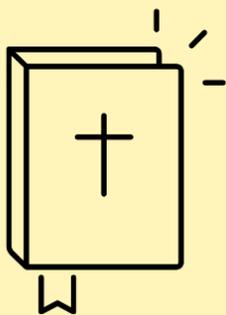
Breathe In:

“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)





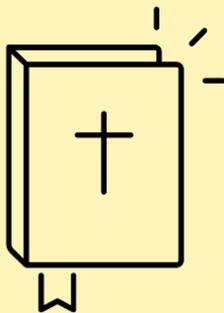
Breathe In:

“When I feel afraid...”



Breathe Out:

“I will trust in You.”



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





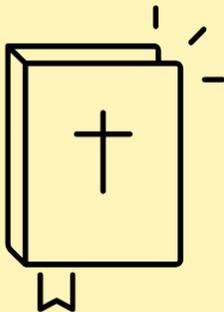
Breathe In:

"The joy of the Lord..."



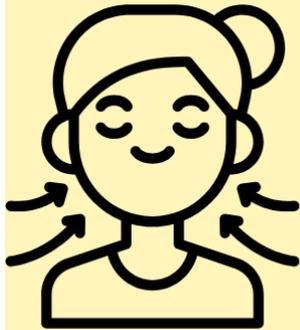
Breathe Out:

"gives me strength."



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





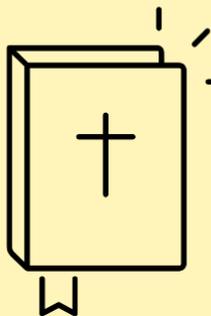
Breathe In:

"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)





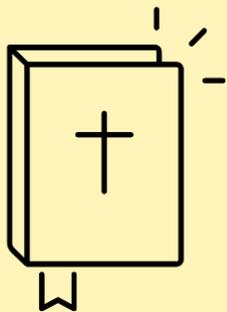
Breathe In:

“Not what I want...”



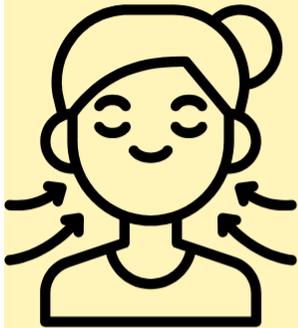
Breathe Out:

“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)





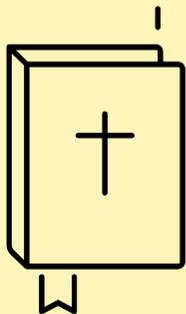
Breathe In:

“Jesus, You are my light...”



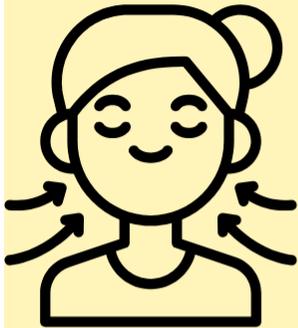
Breathe Out:

“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)





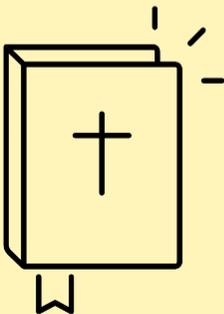
Breathe In:

"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)





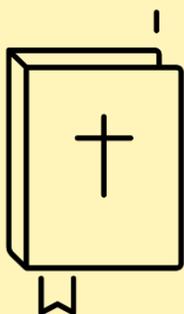
Breathe In:

“Jesus, I come to You...”



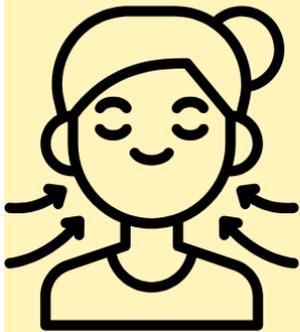
Breathe Out:

“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)





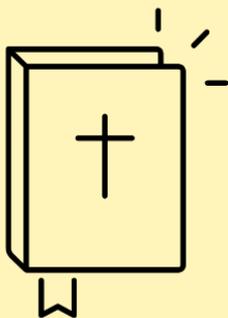
Breathe In:

“Your love, Lord, never stops...”



Breathe Out:

“You are always faithful.”



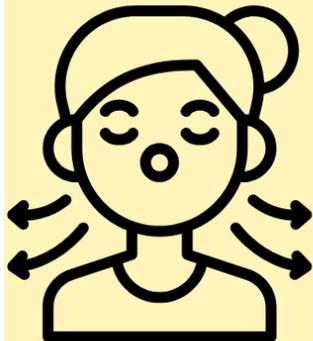
“The Lord can always be trusted to show mercy each morning.” –
Lamentations 3:23 (ERV)





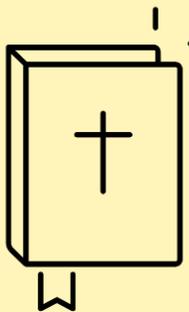
Breathe In:

“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)

