



# BREATH PRAYER

## PRAYER PROFILE

- Prayer Type:** Embodied  
**Time Required:** 1–20 minutes, or more  
**Source:** Early Church  
**Focus Level:** Low  
**Heart Engagement:** Calm  
**Body Involvement:** Breath-focused  
**Best Used When:** Stress, waiting, busyness  
**Repeatability:** Anytime  
**Growth Potential:** Peace, presence

## INSTRUCTIONS

1. Choose a Short Prayer. Examples: "Lord, have mercy." / "Come, Holy Spirit."
2. Breathe In- Pray the first half silently.
3. Breathe Out- Pray the second half.
4. Continue Gently- Let the prayer rise and fall with your breath.
5. End Simply- Stop when ready. Trust God remains.



Raising of Lazarus or Resurrection of Lazarus,  
by Henry Ossawa Tanner (1896).

# RESURRECTION OF LAZARUS