

# 5 Breath Prayers for Finding Peace in Overwhelm

**Simple Prayers to Calm Your Heart and Invite God's  
Presence in Daily Life**



# Introduction

When life feels overwhelming, peace can feel far away. But peace isn't about the absence of problems—it's about the presence of God. Breath prayers are a simple way to slow down, calm your body, and re-center your heart on Him.



## How to Use This Guide

- Sit somewhere still
- Inhale slowly while praying the first phrase
- Exhale slowly while praying the second phrase
- Repeat several times

# The Breath Prayers

**Inhale:** Be still...

**Exhale:** ...and know that I am God. (Psalm 46:10)

**Inhale:** When I am afraid...

**Exhale:** ...I will trust in You. (Psalm 56:3)

**Inhale:** The Lord is my shepherd...

**Exhale:** ...I lack nothing. (Psalm 23:1)

**Inhale:** Cast all your anxiety...

**Exhale:** ...on Him because He cares for you. (1 Peter 5:7)

**Inhale:** Come to me, all who are weary...

**Exhale:** ...and I will give you rest. (Matthew 11:28)

# A Final Word

Peace doesn't come from pushing harder—it comes from letting God meet you right where you are. I pray these breath prayers remind you of His nearness.

If this guide encouraged you, stay connected with me at [holymesswholeme.com](http://holymesswholeme.com) for more resources on faith, mental health, and healing through brokenness.



*Holy Mess, Whole Me*

BALANCING BELIEF, BROKENNESS, AND BECOMING