

I want to tell you a secret.

There is a way for you to find the strength to continue throughout your day. When you are struggling through loads of papers and work that was due yesterday or on the third phone call telling an unwavering man that you will get him the money, don't lose hope. God is here listening and waiting to give you the power to control all the stress around you, and there is a simple prayer that has been practiced for centuries which can help you.

There is a little known prayer that [spiritual Christians](#) have been using as a means to help God reclaim the control in their lives. They simply use their breath as the tool to connect with God.

The Breath Prayer

The Breath Prayer is a simple prayer that allows you to focus on your breath and the present moment. You stop in the time when things are the most overpowering and take time to ask God for help. The prayer was formed in a way that it would not take a lot of time nor would it create unneeded attention. You can do it at any moment or anywhere.

Step 1: Find a Phrase for your Breathing Prayer

The breath prayer begins when you choose a phrase that you would like to focus on. It can be a verse from the Psalms, Proverbs or the Gospels. You can also craft a phrase of your own. Try to keep it around 5 – 7 words in length and something that is easy to repeat. Find the phrase that speaks to your current

situation and seeks God's strength to overcome the pressures around you.

Here is an example of one that I have used.

In you, I find my strength, my power.

Step 2: Breathe Deeply and Begin to Pray Your Phrase

Once you have found your phrase, then begin to take deep breaths from your diaphragm. Inhale and exhale 5-10 large times or until you find yourself somewhat relaxed. Then begin repeating your phrase as you breathe.

Start with repeating the entire phrase with one breath and then slowly move down to where you are saying one word as you inhale and one word as you exhale. When you are at this point, stop repeating the phrase and listen for God's voice to answer your prayer.

Step 3: Direct Your Prayer and Breath Toward God

Remember to direct your words toward God when you attempt this breathing prayer. This is a prayer and you are trying to connect with God for a source of inspiration. If you simply repeat a phrase while breathing, then it becomes simple meditation and will help calm your nerves. But a breath prayer is so much more powerful. It relaxes your stress but also invites God to give you the inspiration to tackle the world around you

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