

## Breath Prayers for Hard Moments

On the days when fear swells, pain is loud, or your mind won't slow down, you don't have to find big, perfect words. These short "breath prayers" are simple phrases you can whisper in rhythm with your breathing.

You can:

- Pray them silently or out loud
- Use them during treatment, at night, or whenever anxiety rises
- Ask someone you trust to pray them with you

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### When anxiety feels heavy

*Breathe in:* "Lord, You are with me."

*Breathe out:* "I am not alone."

*Breathe in:* "When I am afraid,"

*Breathe out:* "I trust in You."

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### When you feel overwhelmed

*Breathe in:* "One moment at a time."

*Breathe out:* "You are holding me."

*Breathe in:* "Be my strength,"

*Breathe out:* "When I feel weak."

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### When pain or side effects are strong

*Breathe in:* "You see my pain."

*Breathe out:* "Give me Your peace."

*Breathe in:* "Help me endure,"

*Breathe out:* "Surrounded by Your care."

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### When you can't stop worrying

*Breathe in:* "You know my future."

*Breathe out:* "I rest in Your hands."

*Breathe in:* "Guard my heart,"

*Breathe out:* "Guard my mind."

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**When you feel alone or misunderstood**

*Breathe in:* “You understand me.”

*Breathe out:* “You are close.”

*Breathe in:* “You never leave,”

*Breathe out:* “You never forsake.”

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**When you’re tired of being ‘strong’**

*Breathe in:* “I don’t have to pretend.”

*Breathe out:* “You love me as I am.”

*Breathe in:* “In my weakness,”

*Breathe out:* “Your strength is enough.”

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**A closing reminder**

You don’t have to pray long or fancy prayers for God to hear you. Even a single whispered word—“Help,” “Jesus,” “Peace”—can be a holy prayer in the middle of your hardest moments.