

BREATHING PRAYERS

'While we breathe, we will hope'

Barack Obama

Punctuate your day with moments of **Stillness** using these simple breathing prayers. You can print and cut out the cards and keep them in your wallet or on your desk.

Breathe in slowly
as you read the words in dark blue
Breathe out slowly
as you read the words in light blue

I like to hold a small cross as I repeat this 3 times
reminding myself that whatever is happening - God is present and is Lord

