



BREATH PRAYER


PREPARED BY
MAJOR CARSON DECKER

made for a divine purpose

JEREMIAH 1:5



CALL AND COMMITMENT 2026



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Find a quiet space and get comfortable. Breathe slowly and naturally.

When you're ready, pray the prayer below.

Repeat it several times, calming your body and mind with each intentional breath.

Let your soul rest. Let your heart be connected to the One who is always near. Meditate on the words and listen to what God may be telling you through His Word as you pray to Him.

God who knows me,
You knew me before I was formed.
I breathe in: ***I am known.***

You set me apart with love.
I breathe out: ***I belong to you.***

You appointed my life with purpose.
I rest in: ***I am called.***

Amen.