

# Stoplight Breath Prayers

A very simple way to  
connect with God, even if  
you only have time for a  
few breaths.....

Inhale for a count of 4:

Say the inhale line while  
you inhale

Exhale for a count of 6:

Say the exhale line while  
you exhale

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# Stoplight Breath Prayers

Inhale:

You are near

Exhale:

I am not alone

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# Stoplight Breath Prayers

Inhale:

**You are strong**

Exhale:

**I can rest**

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# Stoplight Breath Prayers

Inhale:

You see me

Exhale:

You care for me

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# Stoplight Breath Prayers

Inhale:

I am not alone

Exhale:

You are here  
with me

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# Stoplight Breath Prayers

Inhale:

Thank you for  
this moment.

Exhale:

Help me to  
release control

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# Stoplight Breath Prayers

Inhale:

You are my refuge

Exhale:

Calm my heart

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# Stoplight Breath Prayers

Inhale:

You are faithful

Exhale:

I trust in you

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# Stoplight Breath Prayers

Inhale:

Calm my fears

Exhale:

Fill me with  
your peace

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# Stoplight Breath Prayers

Inhale:

Your grace  
is enough

Exhale:

Mine does not  
have to be

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# Stoplight Breath Prayers

Inhale:

Calm my mind

Exhale:

Fill me with  
your spirit

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# Stoplight Breath Prayers

Back to  
Faith in the Car