

# JOURNEY WITH p r a y e r

Say this prayer in rhythm with your breath or repeated and meditated upon throughout the day.

**(Breathe in)**

I believe

**(Breathe Out)**

help my unbelief.

MARK 9:24



# JOURNEY WITH p r a y e r

Say this prayer in rhythm with your breath or repeated and meditated upon throughout the day.

**(Breathe in)**

You are my refuge  
and fortress

**(Breathe Out)**

my God in whom I trust.

PSALM 91:2



# JOURNEY WITH prayer

Say this prayer in rhythm with your breath or repeated and meditated upon throughout the day.

**(Breathe in)**

The Lord is my shepherd

**(Breathe Out)**

there is nothing I lack.

PSALM 23:1



# JOURNEY WITH prayer

Say this prayer in rhythm with your breath or repeated and meditated upon throughout the day.

**(Breathe in)**

Wait for the Lord.

**(Breathe Out)**

Be strong and take heart.

PSALM 27:14



# JOURNEY WITH prayer

Say this prayer in rhythm with your breath or repeated and meditated upon throughout the day.

**(Breathe in)**

Restore us, O God;

**(Breathe Out)**

Let your face shine,  
that we may be saved.

PSALM 80:3



# JOURNEY WITH p r a y e r

Say this prayer in rhythm with your breath or repeated and meditated upon throughout the day.

**(Breathe in)**

In the name of the Father,  
and the Son,

**(Breathe Out)**

and the Holy Spirit.

Amen.

THE SIGN OF THE CROSS



# JOURNEY WITH p r a y e r

Say this prayer in rhythm with your breath or repeated and meditated upon throughout the day.

**(Breathe in)**

Lord Jesus Christ, Son of God

**(Breathe Out)**

have mercy on me, a sinner.

THE JESUS PRAYER

