

A scenic view of a lake with mountains in the background and a wooden boat in the foreground. The sky is filled with dramatic, grey and white clouds. The mountains are covered in green and brown vegetation. The water is calm with gentle ripples. The wooden boat in the foreground is made of dark brown planks and has a rope coiled on it.

Anchor Prayers *to breathe*

corella roberts

HOW TO USE ANCHOR PRAYERS

Anchor prayers, also known as breath prayers, are a simple way to settle your soul in scripture as you go about your day. They're concentrated truth that's easy to remember. And, when coupled with slow breathing, they're incredibly effective at bringing a calming peace to your mind and body.

Like any other spiritual practice, anchor prayers are a tool meant to bring you closer to Jesus. With every step, every breath, that's where we want to go, right?

As you read the first part of the prayer, take a slow, deep inhale. Hold it for a moment, then exhale out the second part of the prayer. Do this three times, or more if you wish. Allow your body and spirit to relax into the truth of God's word.

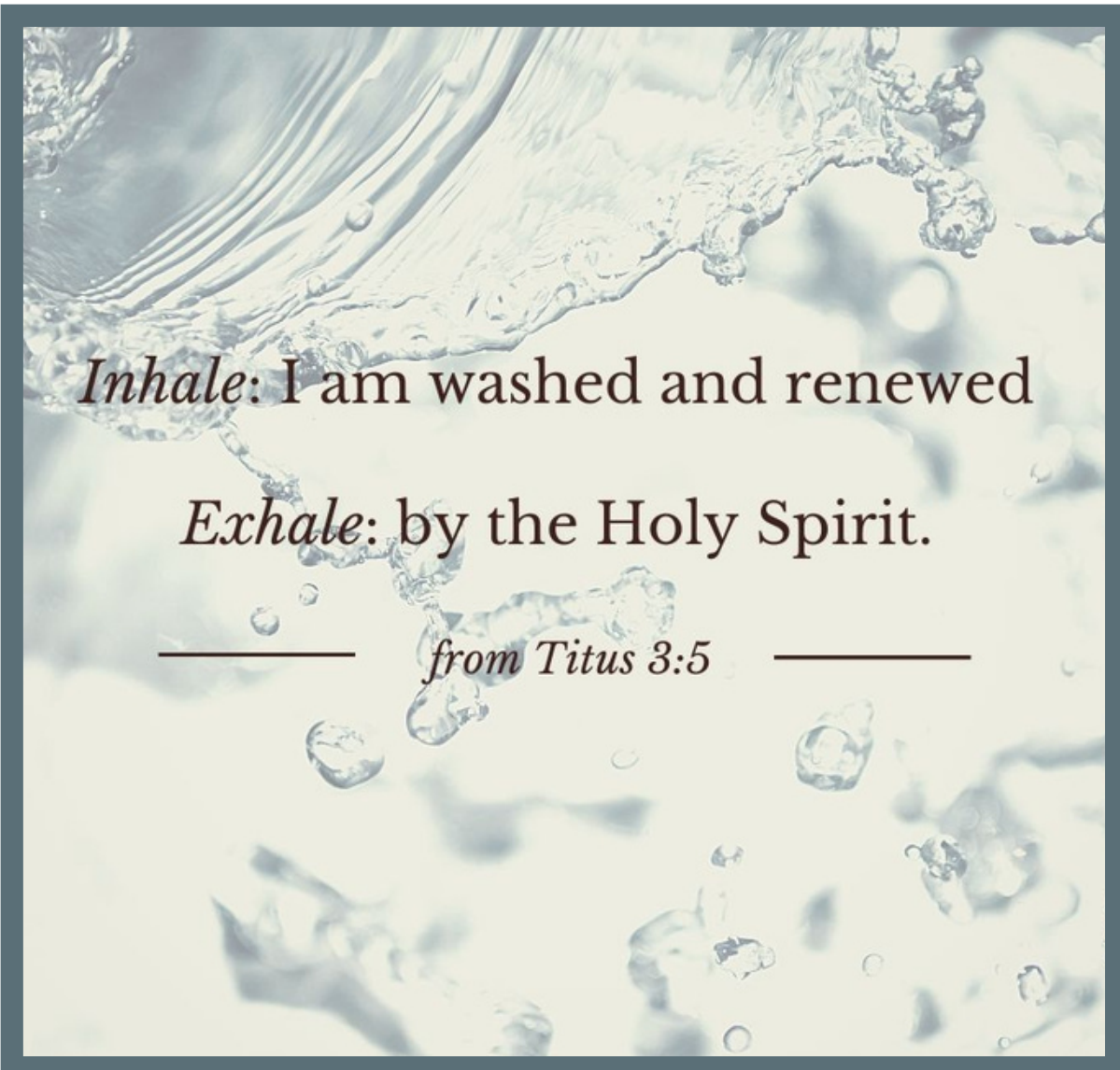
I've compiled 18 anchor prayers for you to use in whatever way suits you.

- print them out and tape them up all over your house
- choose just one to meditate on day after day by sticking it in a place you'll see frequently
- tuck them as notes of encouragement to loved ones in cards or lunchboxes
- or springboard off of this idea and create your own anchor prayer!

Whatever chaos may stir around you, you can be a soul at rest in the Father's arms, anchored deeply in His truth.

He is our refuge. . .
and our strength,

corella



Inhale: I am washed and renewed

Exhale: by the Holy Spirit.

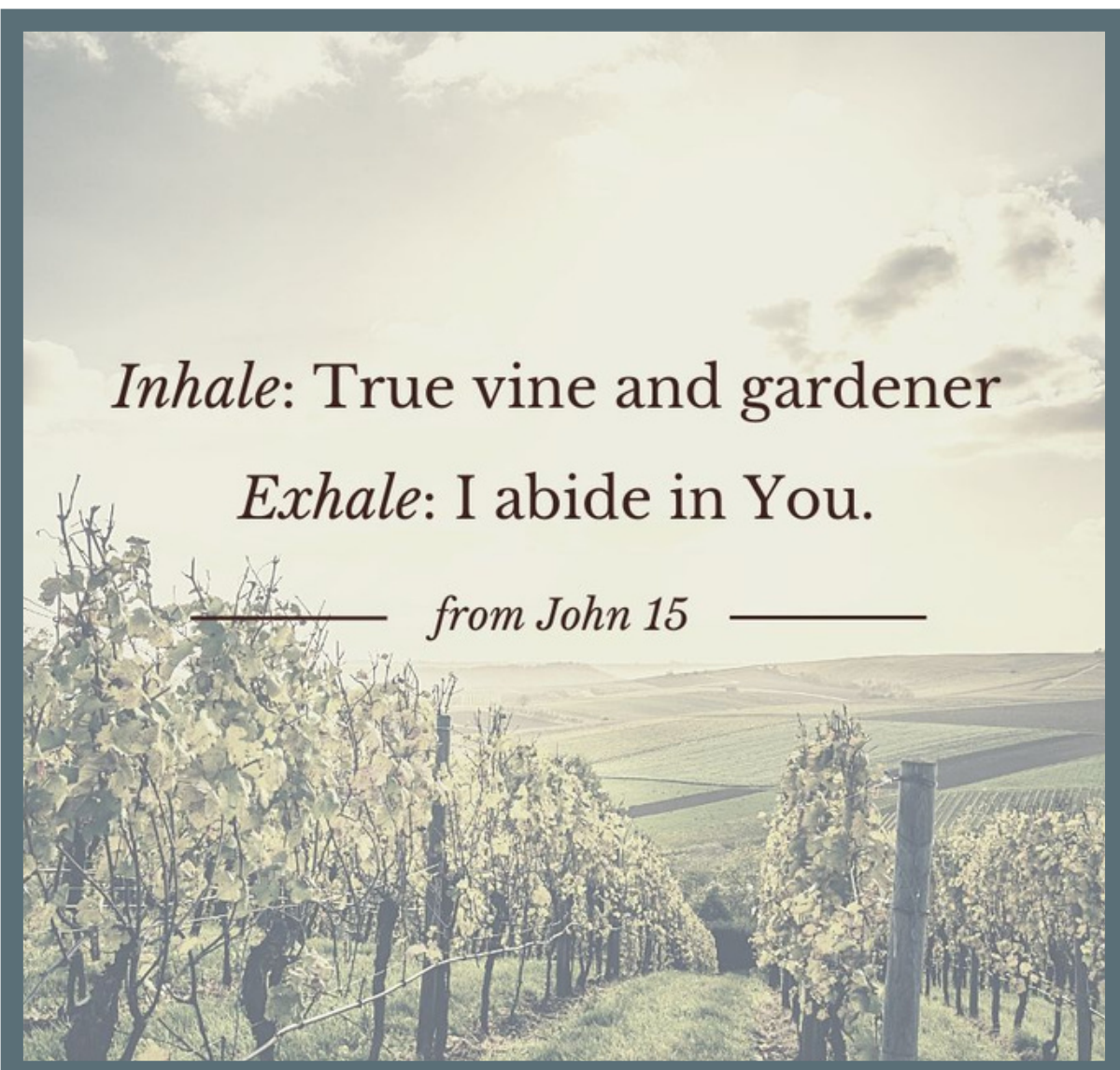
————— *from Titus 3:5* —————



Inhale: You are our refuge

Exhale: and our strength

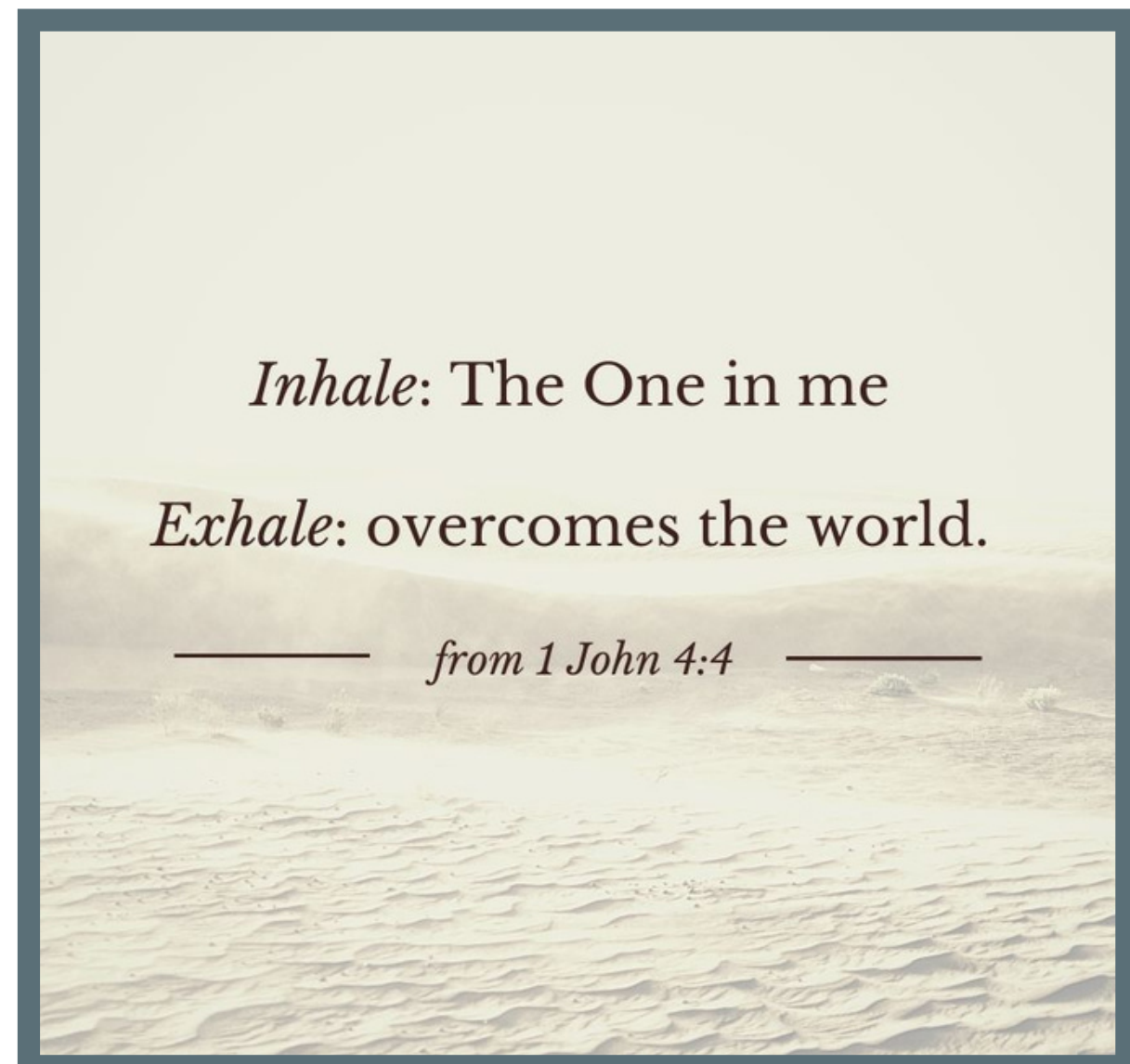
————— *from Psalm 46:1* —————



Inhale: True vine and gardener

Exhale: I abide in You.

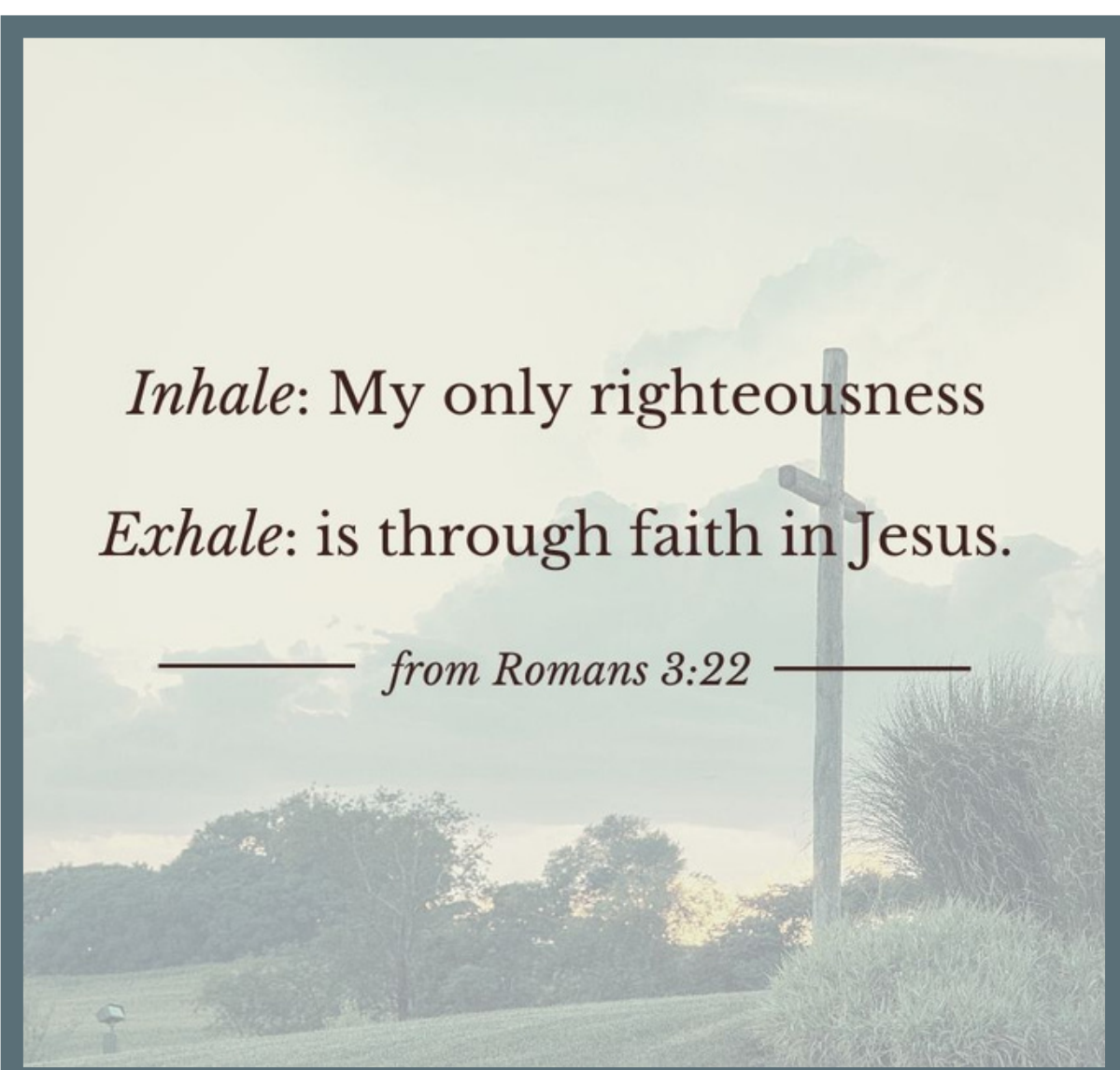
————— *from John 15* —————



Inhale: The One in me

Exhale: overcomes the world.

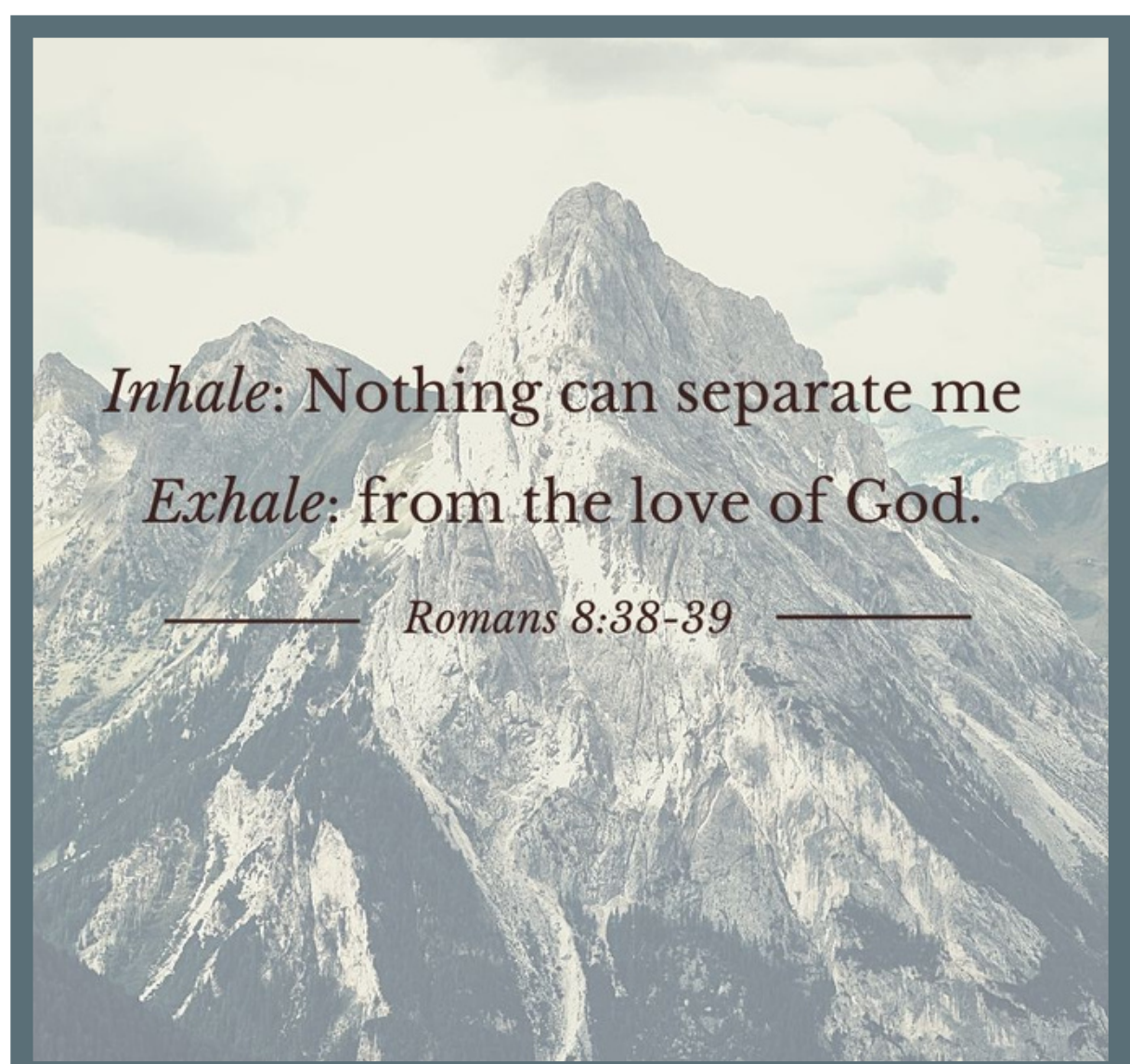
————— *from 1 John 4:4* —————



Inhale: My only righteousness

Exhale: is through faith in Jesus.

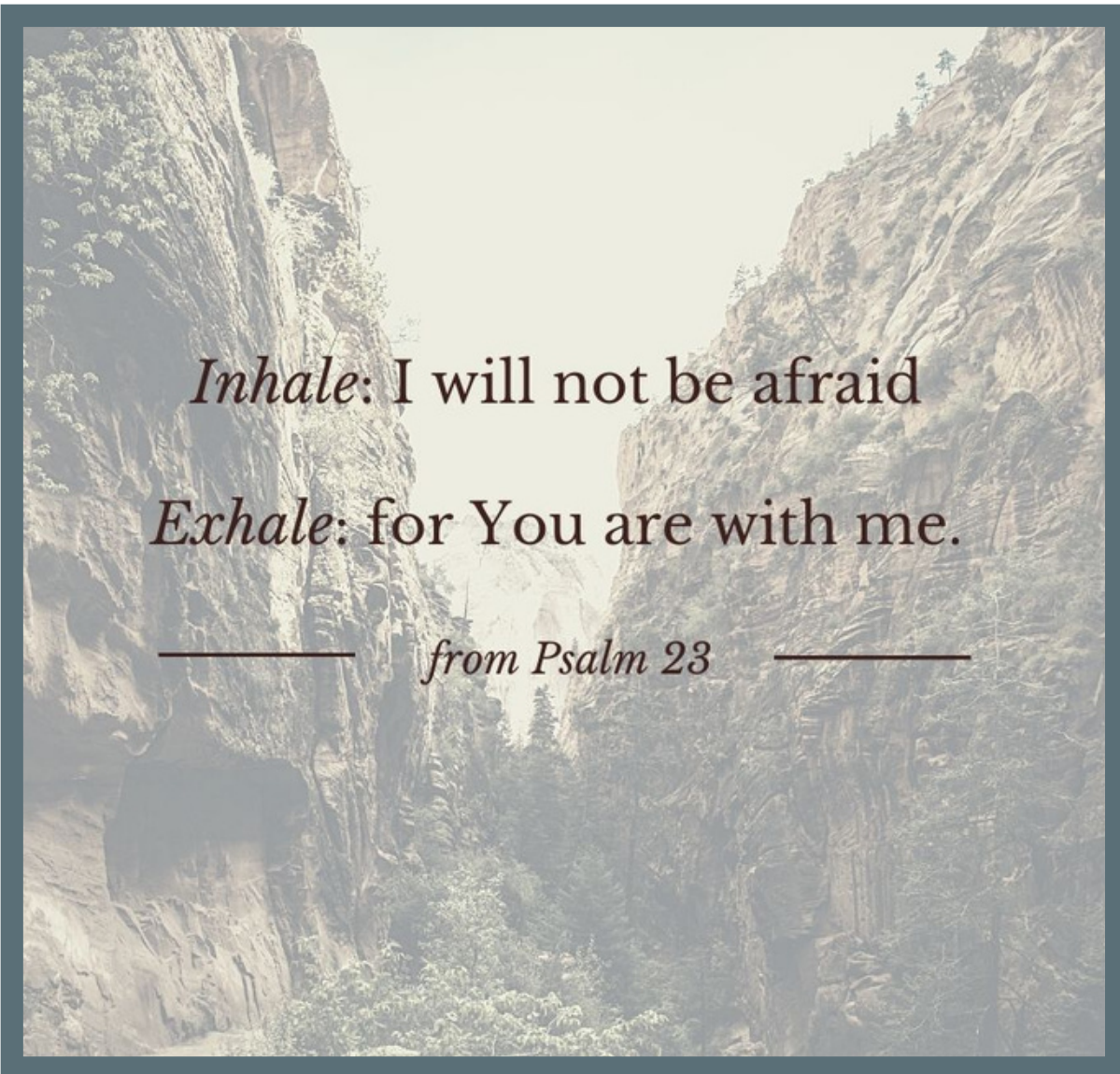
————— *from Romans 3:22* —————



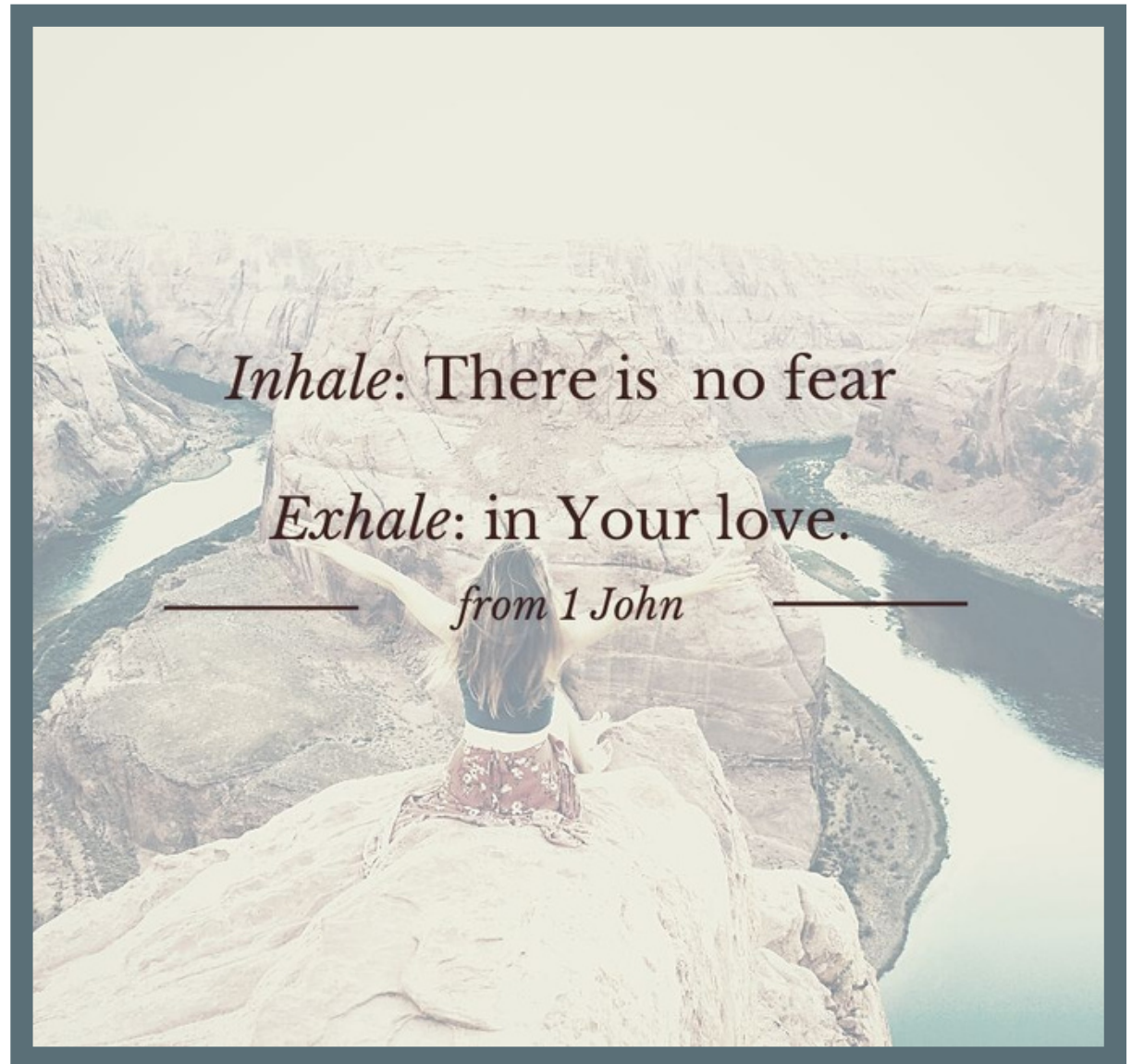
Inhale: Nothing can separate me

Exhale: from the love of God.

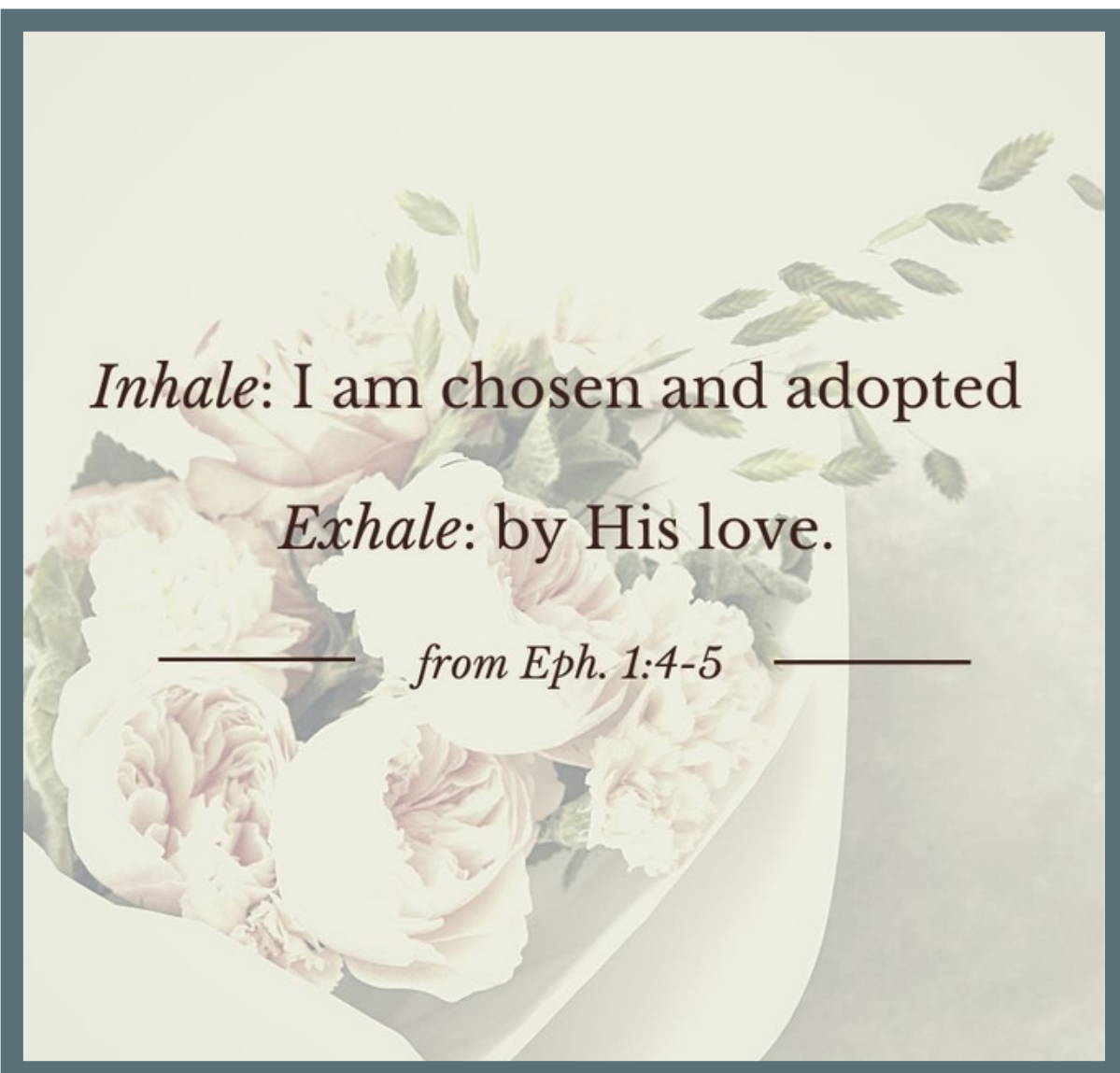
————— *Romans 8:38-39* —————



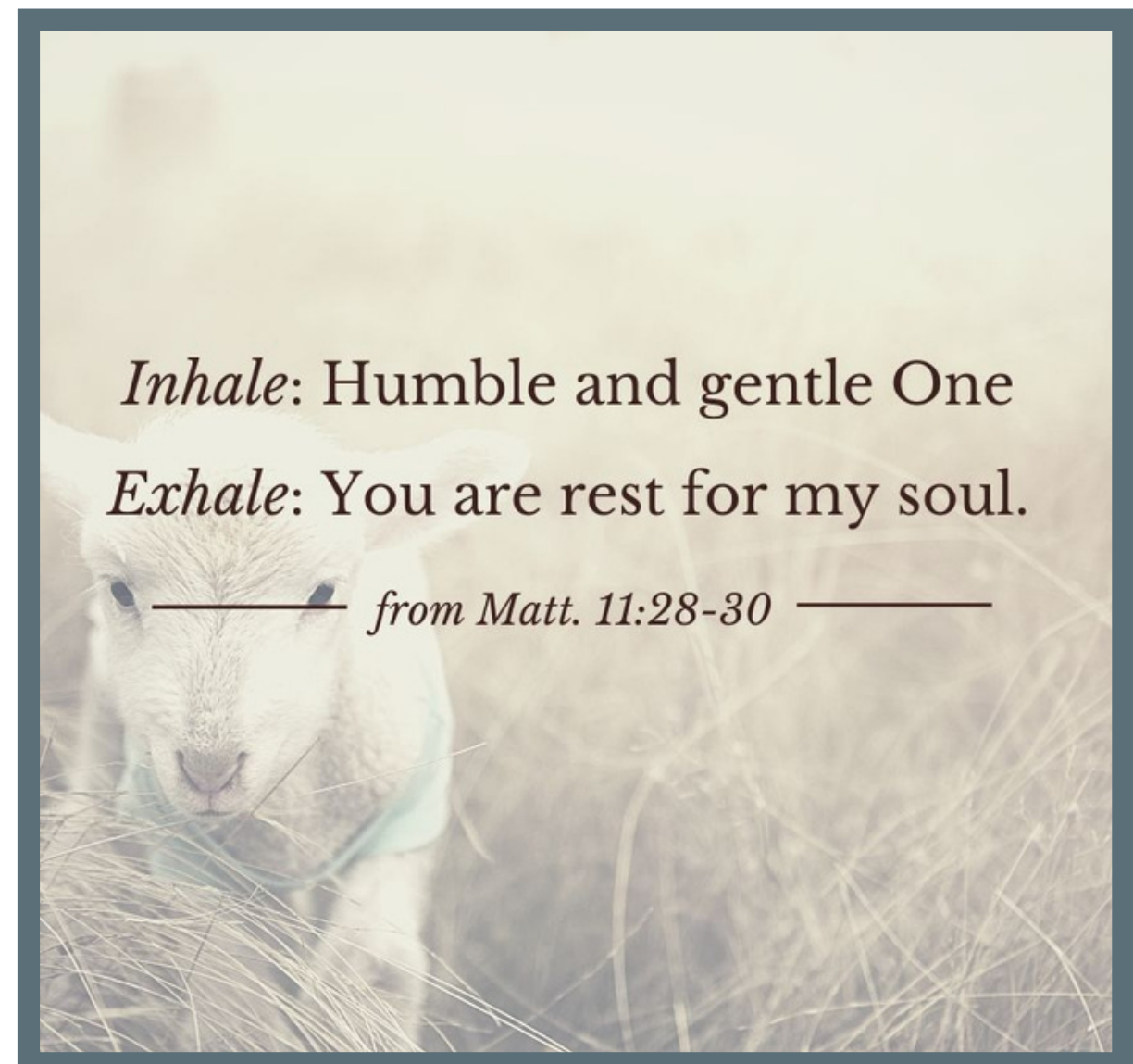
Inhale: I will not be afraid
Exhale: for You are with me.
————— *from Psalm 23* —————



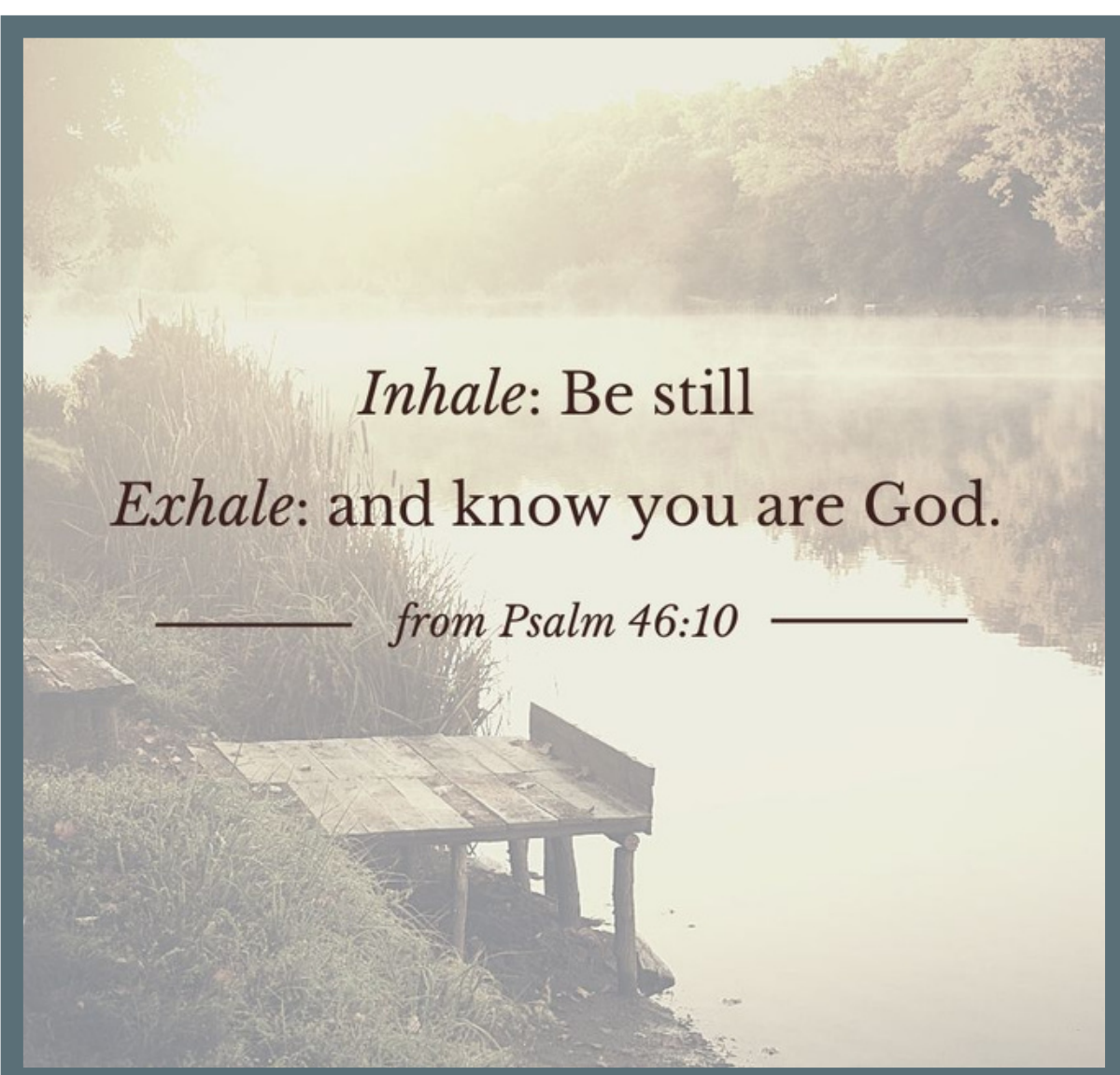
Inhale: There is no fear
Exhale: in Your love.
————— *from 1 John* —————



Inhale: I am chosen and adopted
Exhale: by His love.
————— *from Eph. 1:4-5* —————



Inhale: Humble and gentle One
Exhale: You are rest for my soul.
————— *from Matt. 11:28-30* —————



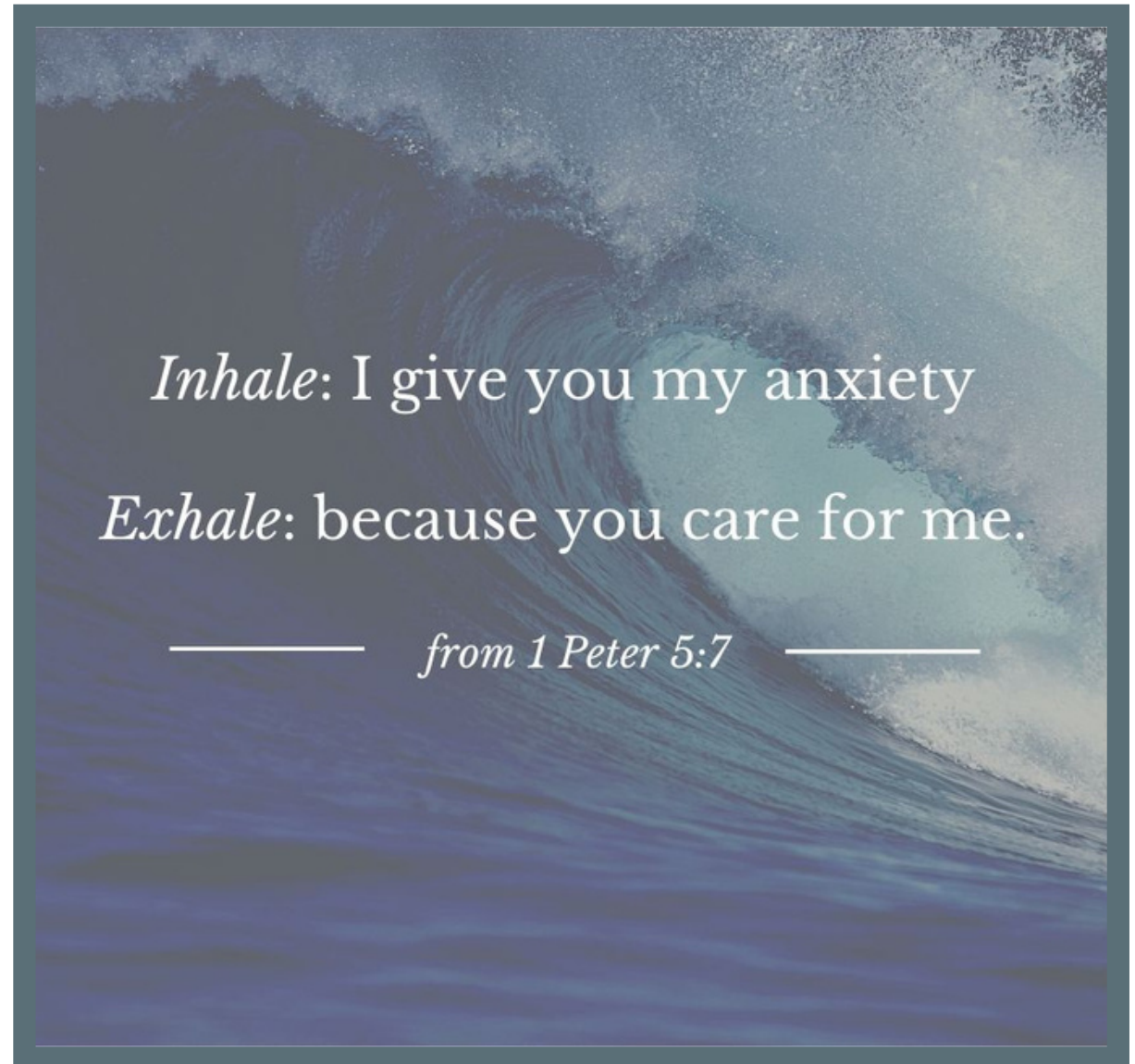
Inhale: Be still
Exhale: and know you are God.
————— *from Psalm 46:10* —————



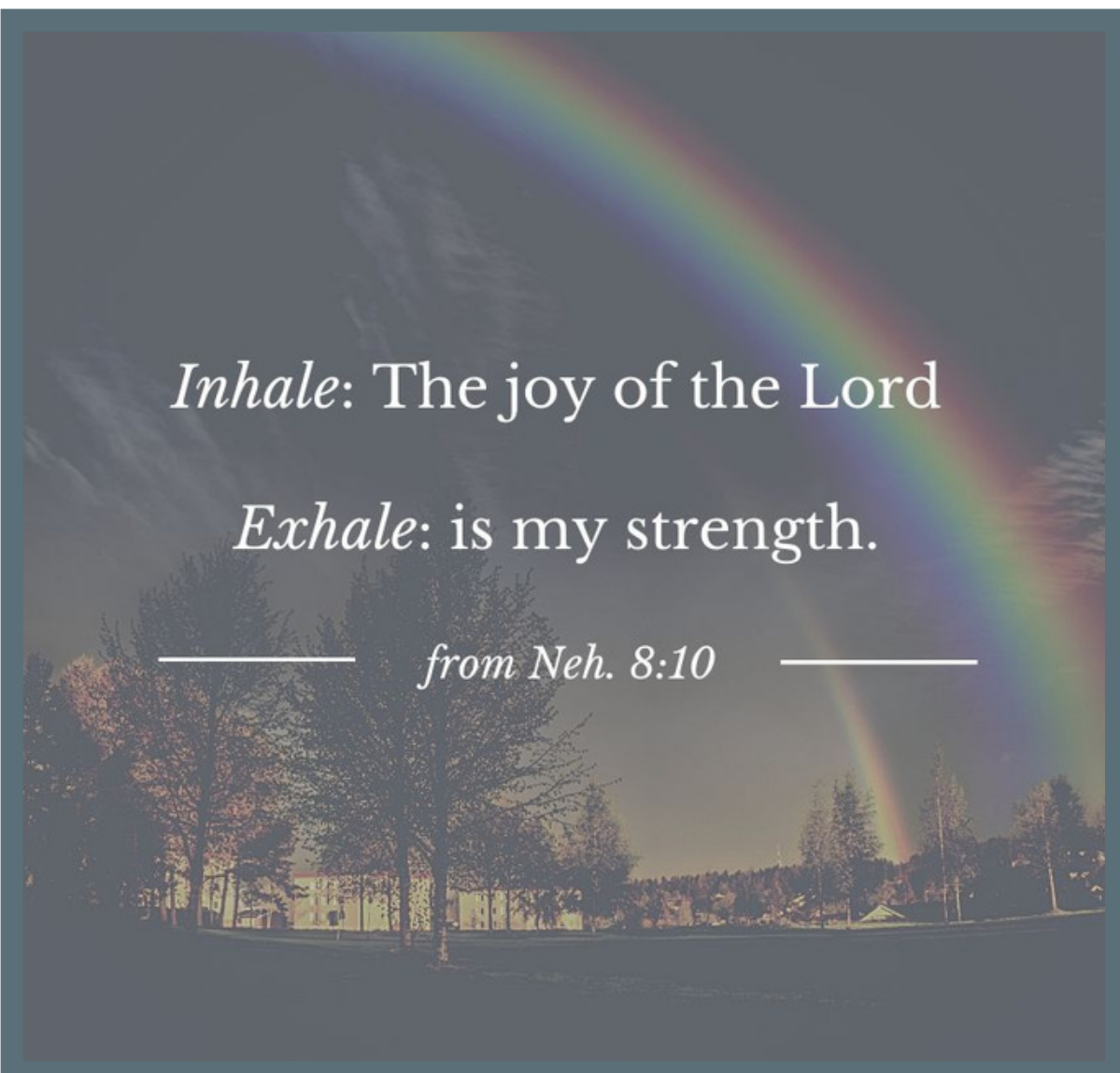
Inhale: Immanuel
Exhale: God with me.
————— *from Matthew 1:23* —————



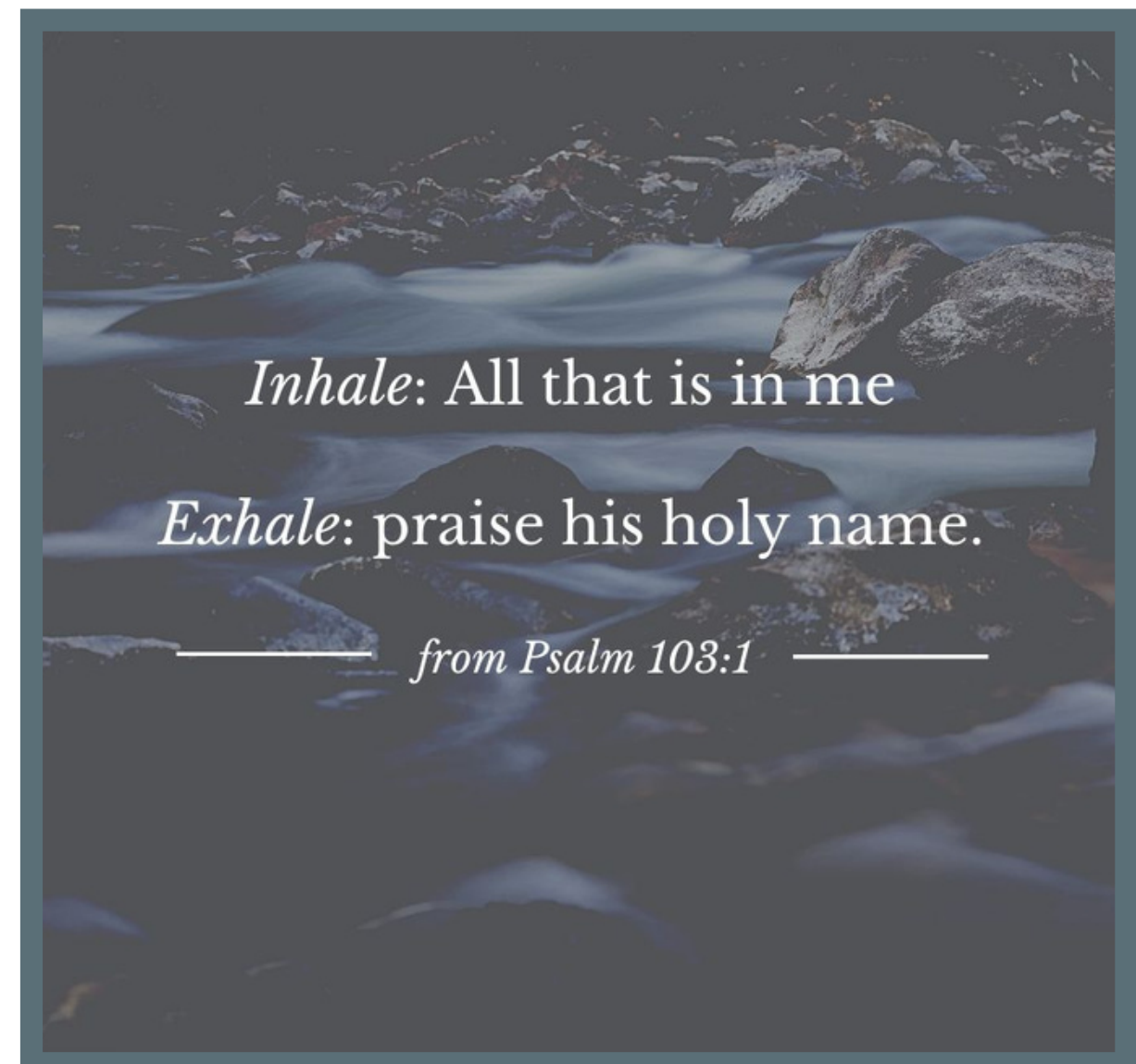
Inhale: Peace of Christ
Exhale: guard my heart and mind.
————— *from Phil. 4:7* —————



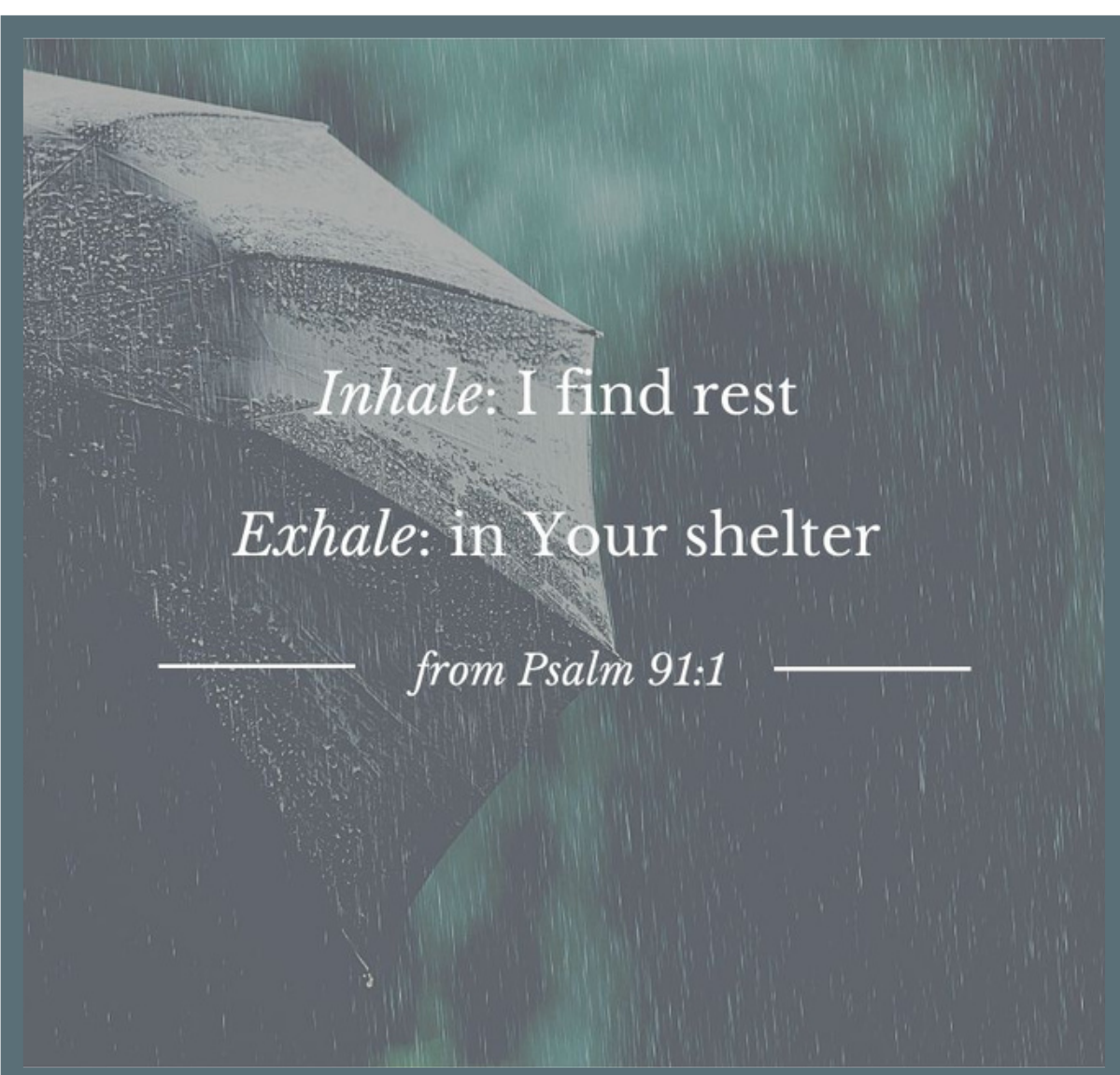
Inhale: I give you my anxiety
Exhale: because you care for me.
————— *from 1 Peter 5:7* —————



Inhale: The joy of the Lord
Exhale: is my strength.
————— *from Neh. 8:10* —————



Inhale: All that is in me
Exhale: praise his holy name.
————— *from Psalm 103:1* —————



Inhale: I find rest
Exhale: in Your shelter
————— *from Psalm 91:1* —————



Inhale: Guide my feet
Exhale: to walk in your love.
————— *from 2 John v.4-6* —————