



# Breathe in the Holy Spirit and Breathe out Anxiety

When uncertainty fills the air, it's easy for anxiety to carry us away. Here's an approach you may like to try to refresh your soul on a regular basis throughout the day.

Once an hour, take at least one minute and follow this 7-step process to breathe in the peace of God and breathe out anxiety. May you continually be refreshed in His peace!

## STEP 1 – PREPARE YOUR BODY TO BE REFRESHED.

Sit up straight in your chair. This allows the most oxygen to pour in and out of your lungs.

## STEP 2 – PREPARE YOUR HEART TO RECEIVE HIS PEACE.

Make the sign of the cross.

*In the name of the Father, the Son, and the Holy Spirit. Amen.*

## STEP 3 – BECOME PRESENT AND AWARE.

Become present and aware of what you are feeling in your body.

- Close your eyes and take a slow, deep breath through your nose. As you breathe in, become aware of your lungs expanding and filling with air.
- Then, slowly breathe out of your mouth. As you do this, be aware of how your lungs slowly collapse and empty out all the air.

## STEP 4 – BREATHE IN THE HOLY SPIRIT.

As you slowly take in your next deep breath imagine the Holy Spirit filling you with His peace. Imagine His peace spreading to every part of your body – from your head to your fingers to your toes and deep within your heart.

## STEP 5 – BREATHE OUT YOUR ANXIETY.

Then, slowly begin to breathe out of your mouth and say the name of the Jesus (either silently or out loud). Imagine all the stress and anxiety you are experiencing slowly leaving your body.

## STEP 6 – REPEAT FOR AT LEAST A MINUTE.

Repeat this process by slowly breathing in the Holy Spirit and breathing out your anxiety while saying the name of Jesus for at least one minute – or more, if time allows.

## STEP 7 – END WITH A PRAYER.

End with this prayer:

*Jesus, may You continue to fill me with Your peace with each breath I take. In the name of the Father, the Son, and the Holy Spirit. Amen.*