

A simple practice:

Grounding with breath prayer

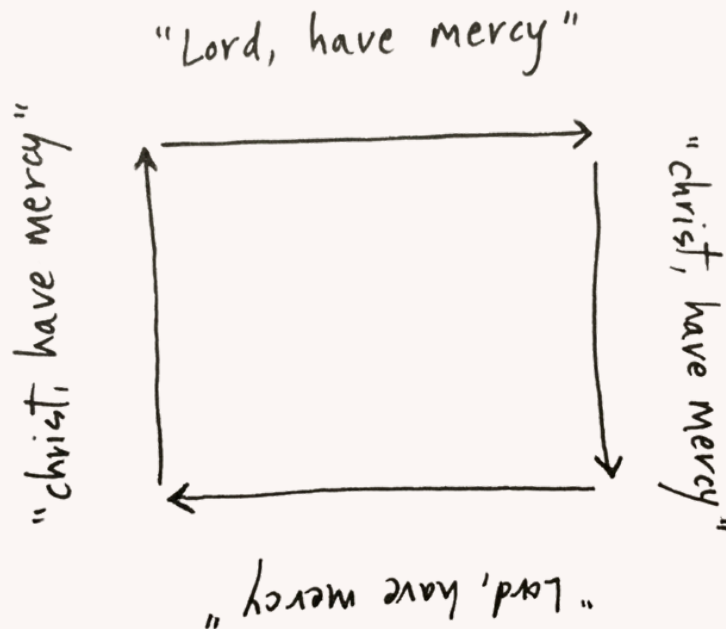
When you're navigating conflict — whether in leadership, ministry, or daily life — one of the most powerful ways to return to presence is through your breath. This breath prayer for anxiety and tension combines box breathing with a simple prayer that centers you in God's mercy.

Try this today:

Inhale and hold for 4 seconds: "Lord, have mercy"

Exhale and hold for 4 seconds: "Christ, have mercy"

Practice this breath prayer when you feel overwhelmed. Notice how it grounds your nervous system and reorients you to God's presence.



“And I pray that you, **being rooted and established in love**, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ.”

Ephesians 3:17b-18