

# Breath Prayers for Panic

Short breath prayers for moments when anxiety is loud and words feel hard.

Still Here Faith - Not a ladder. A chair.

## How to use this sheet

Do not force a perfect prayer. Breathe gently. If breathing exercises increase panic, stop and use another grounding tool.

## Breath prayers

Inhale: Lord Jesus. Exhale: stay near me.

Inhale: I am here. Exhale: You are near.

Inhale: Help me receive care. Exhale: I do not have to earn it.

Inhale: One breath. Exhale: One moment.

Inhale: Shepherd me. Exhale: through this valley.

## Grounding line

Say softly: My body feels afraid, but I am allowed to get help.

**Safety note:** This resource is encouragement and resource navigation, not therapy, medical advice, diagnosis, treatment, or crisis care. If you might hurt yourself or are not safe, call or text 988 in the U.S., contact emergency services, or get near a trusted person now.