



# One Minute Prayers for Parents

## BREATH OF LIFE - AN ANCIENT RHYTHM

Just as God breathed life into us (Genesis 2:7), He also breathed it into His Word (2 Timothy 3:16). The ancient rhythm of breathing that began in the Garden of Eden is repeated more than a dozen times a minute every day of our lives.

The Desert Mothers and Fathers chose this ancient rhythm to learn how to “pray without ceasing” (1 Thessalonians 5:17). Their most common prayer was an echo of Luke 18:13: “Lord Jesus Christ, Son of God, have mercy on me, a sinner.” With every breath, their hearts and minds were drawn toward Jesus.

## BREATH PRAYERS FROM SCRIPTURE

As you breathe in, begin with the first few words of Scripture (e.g., “Let the word of Christ ...”). Complete the verse as you exhale (e.g., “... dwell in you richly.”).

*My soul finds rest in God alone.* (Psalm 62:1)

*When I am afraid, I will trust in you.* (Psalm 56:3)

*I cried to my God for help ... He heard my voice ...* (Psalm 18:6)

*Be still, and know that I am God...* (Psalm 46:10a)

*May your unfailing love be my comfort...* (Psalm 119:76)

*My help comes from the Lord, the maker of heaven and earth.* (Psalm 121:2)

*He heals the brokenhearted and binds up their wounds.* (Psalm 147:3)

*...[I] cried to the Lord...he answered by setting me free.* (Psalm 118:5)

*...[L]ive by the Spirit...keep in step with the Spirit.* (Galatians 5:25)

Visit [chronic-joy.org](http://chronic-joy.org) for more resources.



## PRAYERS OF THE FAITHFUL

“Oh, Lord, sometimes the pain in my life becomes my focus and I turn away from You. Gently remind me that You are with me in the pain, holding me close. Amen.” (Pamela Piquette)

“Lord, you are closer to me than my own breathing, nearer than my hands and feet.” (Teresa of Avila)

“God our heavenly Father, when the thought of you wakes in our hearts, let its awakening not be like a startled bird that flies about in fear. Instead, let it be like a child waking from sleep with a heavenly smile.” (Søren Kierkegaard)

“Lord Jesus, I ask you to open my eyes as you did with the blind man, so that I may really see. Tune my ears as you did with the man who was deaf and dumb, so that I may really hear what you are saying to me. May the many experiences of my senses remind me to be aware of others and of all that is around me. May all that I experience lead me closer to you.” (Unknown)

“Grant me to recognize in others, Lord God, the radiance of Your own face.” (Teilhard de Chardin)

“Lead me, Lord, to recognize you in the person beside me.” (Unknown)

O gracious and holy Father,  
Give us wisdom to perceive you,  
intelligence to understand you,  
diligence to seek you,  
patience to wait for you,  
eyes to see you,  
a heart to meditate on you,  
and a life to proclaim you,  
through the power of the spirit  
of Jesus Christ our Lord.

(Saint Benedict)

Restore, O Lord, the years the locusts have eaten. Whisper encouragement to the weary. Speak life to the broken. Teach us to pray with abandon, to serve with compassion, and to love with outrageous generosity. In Jesus’ name, amen. (Cindee Snider Re)



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