

## **BREATH PRAYER**

**Following Jesus is sometimes hard – we get afraid, we get anxious – we forget to trust Jesus.**

**Close your eyes and imagine that you are walking in a forest alongside a stream.**

**Every now and then a leaf falls into the stream and floats down the river....**

**As you watch a leaf fall, whisper “when I am afraid....”**

**And as it floats away whisper “I will trust in you.....”**

**As the leaves float away, imagine your fear floating away.**

**When your fear is gone, you can give God all your anxious thoughts too:**

**As you watch a leaf fall, whisper “when I am anxious....”**

**And as it floats away whisper “I will trust in you.....”**

**As the leaves float away, imagine your anxieties floating away.**

**When you feel safe trusting God, why not whisper “Thank you God, that I can trust in you!” before you open your eyes.**