Work Day Breath Prayers

Shower Breath Prayer

Breathe In

The day's work approaches

Breathe Out

Keep me present to the moment

Commute Breath Prayer

Breathe In

Slow my heart, Lord

Breathe Out

So my soul has the chance to catch up with me

Elevator Breath Prayer

Breathe In

Whatever is waiting for me ahead

Breathe Out

May I greet it with authenticity, truth, and love.

Shower Breath Prayer

Breathe In

Steady my mind

Breathe Out

That I may be present to myself and my neighbor.

Written for the Worship for Workers Project of Fuller Seminary by Wayfolk Arts