Christian Morning Peace Breathing (1-Minute Routine)

Start your morning with this simple Christ-centered breathing practice. Use it anytime you need peace, clarity, or calm. 1. Deep Peace Inhale (10 seconds)
Sit comfortably. Close your eyes. Inhale deeply through your nose.
Prayer: "Lord Jesus, fill me with Your peace." 2. Slow Release Exhale (10 seconds)
Exhale gently through your mouth. Release stress, fear, and tension.
Affirmation: "I breathe out worry. I breathe in Your calm, Lord." 3. Christ-Focused Breath (10 seconds)
Breathe normally. Place a hand over your heart.
Scripture: "Be still, and know that I am God." — Psalm 46:10 Closing Prayer:
"Jesus, be my peace today. Guide my heart, calm my thoughts, and walk with me. Amen." Use this 1-minute practice anytime to reconnect with God's peace.