

A Fruits of the Spirit Breath Prayer (inspired by Sheridan Voysey and adapted.)

Begin by sitting quietly and slowing down your breathing. Say the first line and then silently or quietly pray the subsequent lines as you breathe in and out slowly, pausing between each one. Repeat the prayer if you feel inclined to, and at the end sit quietly, conscious of your breath and of God's presence.

Lord God, fill me with your Holy Spirit.

I receive your love,

and release my insecurity

I receive your joy,

and release my unhappiness

I receive your peace,

and release my anxiety

I receive your patience,

and release my frustrations

I receive your kindness,

and release my bitterness

I receive your goodness,

and release my self-doubt

I receive your faithfulness,

and release my unfaithfulness

I receive your gentleness,

and release my tensions

I receive your self-control,

and release my desperation.