



## MEMORY VERSE

There is no fear in love; perfect love drives  
out all fear.

1 John 4:18

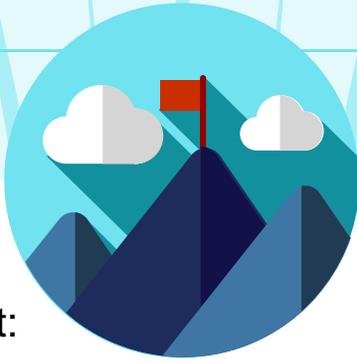
## BREATH PRAYER

Enjoy a calm guided prayer meditation as a family, individual or one to one with your child.

Adapted from Sarah Besseys 'Breath Prayers for Anxious Times' by GodVenture (<https://godventure.co.uk/news/breath-prayer-guided-meditation/>)

Before you start, invite your child / children to settle in a comfy spot, maybe their favourite chair or cushion. You can also help her settle by placing your hands gently on their head to bless them and gently massage their head and face. If you have any lavender oil or a nice smelling candle, you could also use this to create a calm inviting space.

Make sure when you are using the script to speak slowly and gently, adapting the phrasing so they feel comfortable for you.



## Guided prayer script:

*Imagine yourself in your own personal sanctuary.*

*It can be anywhere you choose, real or imaginary,*

*Indoors or outside, somewhere you feel safe and loved,*

*Somewhere peaceful where you can meet with God.*

*Breathe deeply and slowly,*

*in through your nose then gently out through your mouth.*

*Fill your whole self with breath,*

*Feel air in your lungs.*

*Can you imagine yourself there?*

*What can you see?*

*Can you hear anything?*

*What smells are there?*

*Continue to breathe deeply slowly in through your nose then gently out through your mouth.*



*Now as you breathe in say: 'Your perfect love', and as you breathe out say: 'drives out all fear'.*

*Breathe in and out yourself and say the words together.*

*And again.*

*Your perfect love ....*

*.... drives out all fear.*

*Repeat this so you say the lines ten times in total.*

*Last one:*

*Your perfect love ....*

*.... drives out all fear.*

*Now imagine yourself getting up and leaving your sanctuary and slowly coming back.*

*God is still with you. His peace stays with you.*



Why not practice your prayer meditation regularly?

Find a good time of day that works for your family and repeat as often as you'd like, daily? Twice per week? Every week at the same time? Or just once a month? Make it work for you!

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