

## Prep 3 Breath Prayer

Dear Lord,

I receive your calmness and I release my anger.

I receive your reassurance and I release my insecurities.

I receive your joy and happiness and I release my sadness.

I receive your love and I release my negativities.

I receive your concentration and focus and I release my distractions.

I receive your help and I release my mean thoughts.

I receive your friendship and I release my loneliness.

I receive your strength and I release my weakness.

Amen