

Healing Promises and Heartfelt Praises
Breathe In His Promises/Breathe Out His Praises
(Meditation scriptures for relaxation/stretching exercises)

~ Carla Pollard,
Building Healthy Habits for Life:
Body, Mind and Spirit

Breathe In:

... I am the LORD that healeth thee. Ex. 15:26

Breathe Out:

I will bless the LORD at all times: his praise shall
continually be in my mouth. Psalm 34:1

Breathe In:

O LORD my God, I cried unto thee, and thou hast healed me.
Psalm 30:2

Breathe Out:

I will freely sacrifice unto thee: I will praise
thy name, O LORD; for it is good. Psalm 54:6

Breathe In:

Be still, and know that I am God: I will be exalted among the
heathen, I will be exalted in the earth. Psalm 46:10

Breathe Out:

I will praise thee; for I am fearfully and
wonderfully made: marvellous are thy works; and
that my soul knoweth right well. Psalm 139:14

Breathe In:

He healeth the broken in heart, and bindeth up their wounds.
Psalm 147:3

Breathe Out:

For the LORD is great, and greatly to be praised: he
is to be feared above all gods. Psalm 96:4

Breathe In:

Heal me, O LORD, and I shall be healed; save me, and I shall be
saved: for thou art my praise. Jeremiah 17:14

Breathe Out:

I will sing unto the LORD, because he
hath dealt bountifully with me. Psalm 13:6

Breathe In:

"For I will restore health unto thee, and I will heal thee of thy
wounds," saith the LORD Jeremiah 30:17

Breathe Out:

O Lord, thou art my God; I will exalt
thee, I will praise thy name; for thou hast
done wonderful things Isaiah 25:1

Breathe In:

But unto you that fear my name shall the Sun of righteousness
arise with healing in his wings. Malachi 4:2

Breathe Out:

Great is the LORD, and greatly to be praised;
and his greatness is unsearchable. Psalm 145:3

Breathe In:

I will call on the LORD, who is worthy to be praised: so shall I be saved from mine enemies. 2 Samuel 22:4

Breathe Out:

Let every thing that hath breath praise the LORD. Praise ye the LORD. Psalm 150:6

Breathe In:

Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore. Psalm 16:11

Breathe Out:

I will be glad and rejoice in thee: I will sing praise to thy name, O thou most High.
Psalm 9:2

Breathe In:

But I have trusted in thy mercy; my heart shall rejoice in thy salvation. Psalm 13:5

Breathe Out:

O LORD, our Lord, how excellent is thy name in all the earth! Psalm 8:1