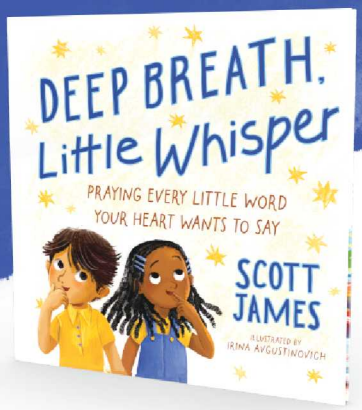
CHILDREN'S BREATH PRAYER GUIDE

Inspired by ***Deep Breath, Little Whisper***
by Scott James



WHAT IS A BREATH PRAYER?

Talking to God doesn't require waiting for the perfect moment or finding big, fancy words. As explored in ***Deep Breath, Little Whisper***, God loves it when His children talk to Him—no matter the time, place, or how small the words may be.

A breath prayer is a simple, short prayer that can be said in the span of a single deep breath. It is a way to help children turn their thoughts and feelings into instant conversations with God, building a habit of "praying continually" throughout their day.

HOW TO TEACH BREATH PRAYERS

Follow these three simple steps to help the child in your life discover the peace of whispering their heart to God.

1. **Explain the Concept**

   Tell your child that they don't have to hold their feelings inside. When they feel a prayer bubbling up, they can let it out right away. Explain that a breath prayer is like a quick text message to God—short, heartfelt, and sent in just one breath.

2. **Share Examples**

   Using scenarios from Deep Breath, Little Whisper, practice these simple prayers together:

   - When you need help: Take a deep breath and whisper... "Help."
   - When you see something beautiful: Take a deep breath and whisper... "Wow!"
   - When you feel scared: Take a deep breath and whisper... "Protect me."
   - When you are happy: Take a deep breath and whisper... "Thanks."

3. **Create Your Own**

   Encourage your child to come up with their own words based on how they feel right now. Remind them that if they don't have words, that is okay too. They can just breathe, knowing God hears the whispers of their heart.

TIPS FOR DAILY PRACTICE

Incorporating breath prayers into daily life helps make talking to God a natural reflex.

- **Model It:** Let your children hear you using breath prayers. If you are frustrated in traffic or thankful for a sunny day, say your breath prayer out loud so they can see it in action.
- **Bedtime Routine:** As they lay down to sleep, ask them to pick one word to whisper to God about their day—whether it's "Thanks," "Sorry," or "Peace."
- **Moments of Big Emotion:** When a child is overwhelmed, angry, or very excited, pause with them. Ask them to take a deep breath and find one short phrase to whisper to God.

A NOTE OF ENCOURAGEMENT

Remember, the goal isn't perfection; it is connection. God is always ready to listen to every little word. By teaching your child this simple practice, you are giving them a tool they can use forever to find rest and strength in their relationship with their heavenly Father.

"DEEP BREATH, LITTLE WHISPER.
'I LOVE YOU, LORD.'"

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DEEP BREATH, Little Whisper

PRAYING EVERY LITTLE WORD YOUR HEART WANTS TO SAY



SCOTT JAMES

ILLUSTRATED BY
IRINA AVGUSTINOVICH

ACTIVITY KIT

WELCOME TO THE DEEP BREATH, Little Whisper ACTIVITY KIT!

This activity kit is designed to help children ages 4–8 explore the themes of *Deep Breath, Little Whisper* in fun and meaningful ways. Through creative crafts, games, and activities, kids will learn how to talk to God in any situation—whether they're feeling happy, scared, thankful, or unsure.

Each activity encourages mindfulness, prayer, and connection with God, helping children build habits of faith and trust. So take a deep breath, whisper what's on your heart, and enjoy these activities together!

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BREATH PRAYER CARDS

Breath Prayer Cards are a fun way to help kids practice talking to God in simple, meaningful ways. Each card features a short prayer and a situation where it can be used. Just take a deep breath, whisper the prayer, and know that God is listening!

Take a deep breath and whisper:



HELP.

When you're doing something that isn't easy or you feel like you can't do it on your own.



THANKS.

When you notice all the good things God gives you or see how much He cares for you.



WOW!

When you see something amazing that God made, like a beautiful sunset, a tall mountain, or a colorful rainbow.



I'M SORRY.

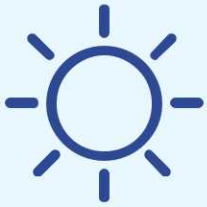
When you know you've done something wrong.

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PROTECT ME.

When you're feeling afraid.



BRING JOY.

When you're feeling low.



MAKE ME BRAVE.

When you need strength to face a problem.



MAKE THIS RIGHT.

When you see something that's not good or true.



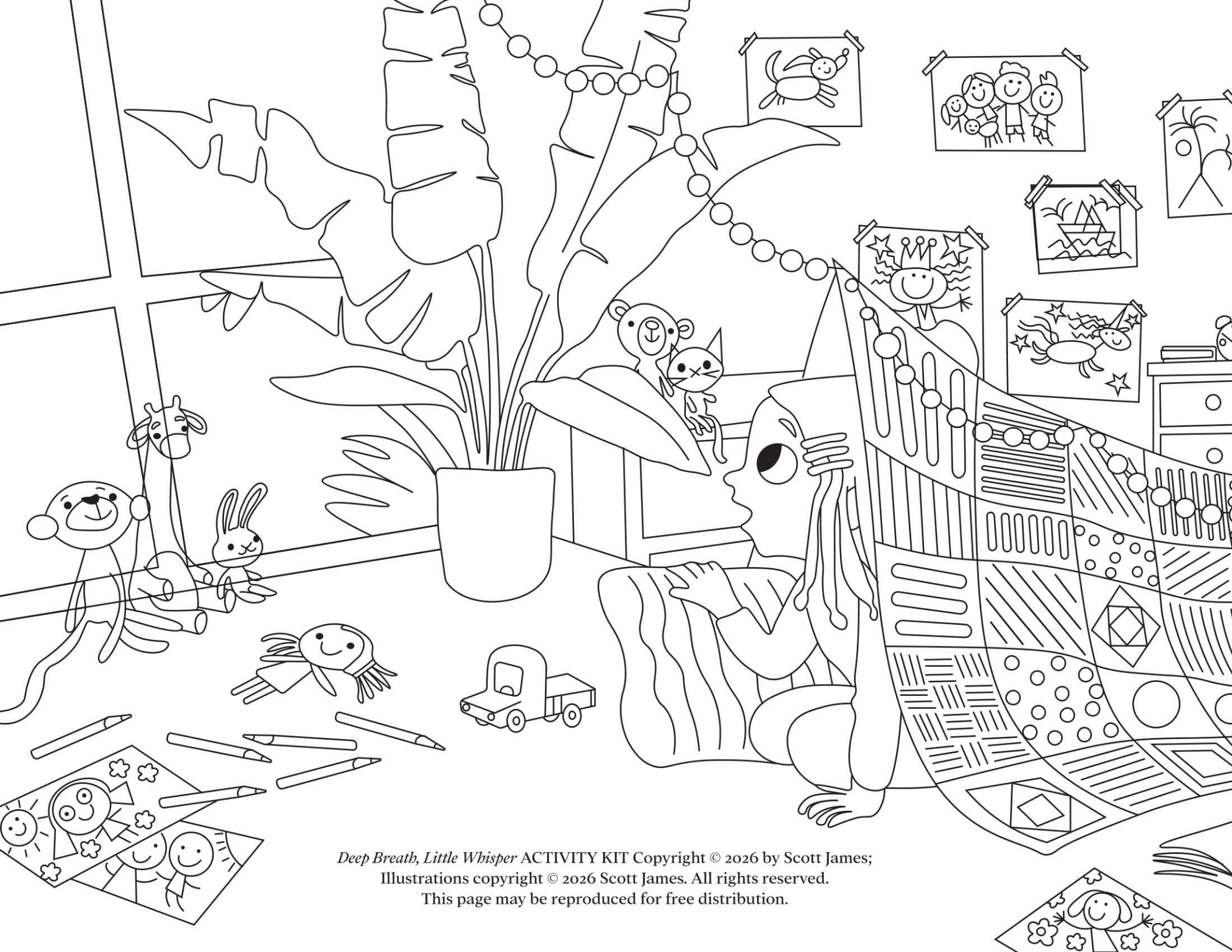
HELP ME LOVE LIKE YOU.

When people are hard to get along with.

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WHISPER MAZE

Help this child find their way to a quiet place to whisper a prayer! Follow the maze and remember that no matter where you are, God is always ready to listen to your heart.

START

END



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DIY PRAYER JAR

The Prayer Jar is a simple and meaningful way to help children express their thoughts, feelings, and prayers to God. By writing or drawing their prayers and placing them in the jar, kids can develop a habit of talking to God daily. It's a creative tool that encourages mindfulness, gratitude, and trust in God's care.

WHAT YOU'LL NEED:

- A clean, empty jar (e.g., mason jar, plastic container)
- Paper or cardstock
- Markers, crayons, or colored pencils
- Stickers, ribbon, or other decorations
- Scissors
- Glue or tape

INSTRUCTIONS:

1. **Decorate Your Jar:** Use markers, stickers, ribbon, or any craft supplies to decorate your jar. You can write "Prayer Jar" on the outside or add drawings that remind you of God's love.
2. **Create Prayer Slips:** Cut paper or cardstock into small slips. These will be used to write or draw your prayers.
3. **Write or Draw Your Prayers:** On each slip, write or draw something you want to talk to God about. It could be a "thank you," a "help me," or even a "wow!" moment.
4. **Fill Your Jar:** Place your prayer slips into the jar. You can add new prayers anytime!
5. **Use Your Prayer Jar:** Each day, take a slip from the jar and pray about what's written or drawn. You can also add new slips as you think of more prayers.

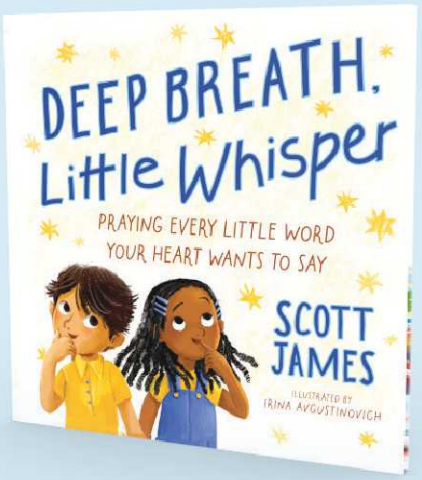
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PRAYER JAR

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ABOUT THE BOOK

God loves it when His children talk to Him—and connecting with God can be as easy as using a simple word or phrase. *Deep Breath, Little Whisper* introduces the idea of breath prayers by using a series of kid-friendly scenarios and engaging text to show young readers how they can have a conversation with God in the moment, wherever they are and however they're feeling. Each example also helps remind them that prayer doesn't have to be big and complex to be meaningful—it just has to come from the heart.



AVAILABLE WHEREVER BOOKS ARE SOLD

ABOUT THE AUTHOR



SCOTT JAMES is an author of children's books and family devotionals, including *The Sower*, *The Littlest Watchman*, *Where Is Wisdom?*, *The Expected One*, *The Risen One*, and *Mission Accomplished*. He and his wife, Jaime, have four children and live in Birmingham, AL, where he works as a pediatric physician.

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