

BREATH PRAYER

Breathing in Grace

Breath prayer, which has been practiced by Christians for centuries, is believed to have originated with the Desert Fathers and Mothers. It is a simple form of prayer. The presence of God (or whatever you hold sacred) is mirrored in our breath. There is life in our breath. The Spirit's breath brings dead bones to life. Our life is sustained by our breathing. Our life with God is sustained by creating sacred space.

Sometimes this prayer is referred to as the Jesus Prayer because an early form of it is taken from the Scripture, "Jesus, Son of God" (repeated as you breathe in through the nose), "have mercy on me," (repeated as you breathe out through the mouth).

The phrase can be any short scripture, prayer line or hymn line that fits to the rhythm of a person's breath. Examples: "Spirit of the Living God/ fall afresh on me." | "Be still and know/ that I am God." Psalm 46:10 | | "Be still / find my sacred space"

Making Breath Prayer Personal

Become aware of the presence of God within you. Then breathe deeply:

Think of your favorite name for God (breathe in):

[Lord Redeemer, Spirit of Life, Great Almighty, Lamb of God, etc]

Name the grace you desire from God for yourself right now (breathe out):

[have mercy on me, grant me peace, relieve my pain, quiet my mind]

Now, while breathing, put YOUR two phrases together.

For Example: "Lord Redeemer, have mercy on me"

Please note:

- It may take you a minute to settle on a phrase.
- The intention of being in God's presence is pleasing to God.
- Don't judge yourself, just breathe.
- If you are distracted, I invite you to surrender that distraction to God, then come back to your breath and recall your breath prayer. Repeat as necessary.

Closing comments:

This type of prayer can be useful for moments of anxiety or pain; times when you can't sleep, while you are waiting, if you are restless or feel out of control or any time you want to draw near to God.

