

BREATH PRAYER

Let Prayer Fill You Like Oxygen

To begin, quietly become aware of your body. Sit in a way that is comfortable for you, a position that will allow you to take a deep breath in and out. Close your eyes. Imagine a place where you feel safe, your own sanctuary. Breathe slowly and deeply while holding that place in your mind for a few moments.

Breath Prayer is an ancient form of prayer and is easily adaptable. Choose one or two lines to focus on and inhale and then exhale through them.

Examples:

Inhale: Lord Jesus Christ, son of God,

Exhale: Have mercy on me, a sinner.

Inhale: I resist the temptation of despair,

Exhale: Everything true about love is already here.

Inhale: Nothing can come between me and the
love of God,

Exhale: I am always embraced by Jesus.

Inhale: I breathe in hope,

Exhale: And I breathe out fear.

Inhale: O God, help me hear,

Exhale: Your still, small voice.

Inhale: In Christ,

Exhale: I belong

Inhale: O God, I am not alone,

Exhale: You've been there all along.

Inhale: This life is a mystery,

Exhale: Beyond my understanding.

Inhale: When fear surrounds me,

Exhale: Help me trust in you.

Inhale: Give us this day,

Exhale: Our daily bread.

Inhale: Help me live in a manner.

Exhale: Worthy of my calling.

Inhale: Awake me, Jesus,

Exhale: Astound me with Your presence.