

# BREATH PRAYER

## HOW WE GROW: INVITATION FOR THE WEEK

Walk through the practice of Breath Prayer at least 5 times this week. Share about your experiences within the context of one of your communities.

1. Adele Calhoun writes that breath prayer “reminds us that just as we can’t live on one breath of air, we can’t live on one breath of God. God is the oxygen of our soul, and we need to breathe him in all day long.”  
Breath prayer can help us to practice silence. It’s simple. If silence is new for you, begin with ten minutes. Setting a timer can help a beginner who is tempted to keep watching the clock. It lets you forget the time and settle into the quiet. Intentionally place yourself in the presence of God and as your mind wanders, attend to a specific phrase.
2. As you breath in focus on a name of God, and as you breath out express a desire of your heart.
3. Here are some examples of these breath prayers:
  - a. Breathe in “Abba.” Breathe out “I belong to you.”
  - b. Breathe in, “Holy Spirit.” Breathe out, “Fall on me.”
  - c. Breathe in, “Holy One.” Breathe out, “Keep me true.”
  - d. Breathe in, “Lord.” Breathe out, “Here I am.”
  - e. Breathe in, “Jesus.” Breathe out, “Have mercy on me.”
  - f. Breathe in, “Breath of Life.” Breathe out, “breathe on me.”
  - g. Or perhaps use a one phrase from Scripture that is meaningful to you, like... Breathe in, “Less of me.” Breathe out, “More of you.”
4. After ten minutes, reflect on what it was like for you to simply be still enough to slow your mind. Try this multiple times throughout the day—when you are surrounded with fear, overwhelmed with anxiety, or maybe even just bored. Allow this prayer to bring you back to the center.