



Breath Prayer

THE METHOD

There are many challenges to prayer, like distractions, restlessness, and staying engaged. Breathing with Scripture is an ancient Christian practice to help us pray with focus, depth, and persistence. It is a way of prayer using our bodies, much like kneeling or raising our hands.

Breath Prayers are a practical way to return our attention and affection to the Lord and his words. By making prayerfulness a habit of our hearts, we come to experience the word of Christ dwelling in us richly. Deep breathing is a proven relaxation exercise that reduces anxiety and fosters mental and emotional awareness in the moment.

Repeating and reflecting on a phrase of Scripture that is striking a chord in your soul helps you pray while making a personal connection with God.

After a few cycles of deep breathing and whispering a Scripture phrase, we can settle into a relaxed and flowing pattern of breathing the word of God in and out. At this point, you may want to change up the wording of your prayer, paraphrasing the Bible verse, using a different name for God, or applying it to particular prayer concerns. To understand the value of Breath Prayers, you need to experiment with them. It's best to settle down in a quiet place where there are no distractions and then get still before God. Later, once you get the hang of this, you can do your Breath Prayer by "shooting up" a short prayer anytime as you're going about your day—getting ready, driving, transitioning into a meeting, waiting in line, listening to a friend, or going to bed at night. This will help you practice the presence of God all day.



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THE STEPS

1. Learn the Background

First, familiarize yourself with where the passage is situated. Usually, looking at the Chapter as a whole will give this context. We will provide the background each week.

2. Read the Passage

3. Choose a Prayer Passage

Christ sees all things...be not afraid...
The Light...has overcome the darkness...
God is with you...Fear no one...

4. Breathing Rhythm

Use the rhythm of breathing to help you pray. Breathe in slowly and deeply, then out slowly and deeply, focusing on Christ.

- As you breathe in, whisper the first part, " _____...."
- As you breathe out, whisper the second part, " _____...."

Let distractions slip away by re-focusing on breathing your prayer over and over...

5. Prayer and Journaling

What feelings or needs arose?

What was your experience of God?

Which prompt did you choose and why?

Journal for a few minutes about this experience.