

THE BREATH PRAYER

Breath Prayer is a prayer that does not come primarily from the mind, but from the depths of our desire and our need

- Breath prayer does not replace other forms of prayer, rather it is foundational to our whole prayer life, supporting it and making it possible for us to “pray without ceasing,” (1 Thessalonians 5:17)
- Breath prayer is to the spiritual life what oxygen and the pulmonary system are to life in the body – a way for us to breathe rhythmically and reflexively with the Spirit – the breath of God

Here's how it works:

- Remove yourself from the noise and distraction and spend time alone listening for God
- Ask yourself, what do I want from God? What are my deepest desires or greatest needs? Maybe it's a phrase, a word, a phrase from a biblical prayer or prayer of the church (6-8 syllables). Find your phrase. “God, what I most want from you right now is...”
- Choose your favorite name or image for God – God, Jesus, Father, Creator, Spirit, Breath of Life, Lord, Shepherd. “My most meaningful name for God is...”
- Combine your name for God with the expression of your heart's desire. Place it where it is easiest to say in the rhythm of your breathing

Pray this prayer into the spaces of your day – when you are waiting, worried and anxious, needing some sense of God's presence, etc. Learn to pray it underneath and throughout all the thoughts and words that swirl around through your daily interactions. As your desires and needs change (or as God reveals another prayer to you), you can change your prayer.