



This form of prayer flows out of the desire to live in an awareness of God's presence, as well as to begin to live out the biblical command to "pray without ceasing" (1 Thes. 5:17; see also, Rom. 12:12; Eph. 6:18; Col. 4:2; Phil. 4:6).

The most well known Breath Prayer is what is known as the "Jesus Prayer." ...

"Lord Jesus Christ, have mercy on me."

Breathing is an unconscious thing. And 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. After all, it is in him that "we live and move and have our being" (Acts 17:28). Breath prayer reminds us that each breath we are given is God's gift and that God's Spirit is nearer to us than our own breath. Breath prayer has been practiced in the church for millennia. Breath Prayers are short and can usually be prayed in the cycle of inhaling and exhaling. The repetition of the prayer helps to ingrain it into your life.

How to practice breath prayer...

Become comfortable. Breathe deeply. Intentionally place yourself before God. In rhythm with your breathing, gratefully inhale the breath of life. Exhale remembering that Jesus gave his last breath for love of you. Gently and thankfully repeat, "Breath of life, breathe on me." The content of Breath Prayers can be as varied as the needs and desires of the individual's heart, other prayers may include...

"Jesus, More of you, less of me."

"Lord Jesus, you are always with me."

"Lord Jesus, thank you for your love."

"Jesus, help me receive your grace."

"Lord Jesus, help me receive your love."

"Holy Spirit, fill my heart with joy"

"Lord Jesus, nothing can separate me from your love." (Rom. 8:38-39)

"Lord Jesus, increase my desire for you."

"Your Kingdom Come, Your will be done." (Matt. 6:10)

"Father God, I love you.

With all my heart.

All my mind.

All my Strength.

And all my soul"

"The Lord is for me, so I will not be afraid." (Ps. 118:6)

Breath Prayers allow us "to go through all the activities of our days in joyful awareness of God's presence with whispered prayers of praise and adoration flowing continuously from our hearts." (Richard Foster, Prayer, 124)