



BREATHING PRAYER

- Through our breath God gives us life (Gen. 2:7), and Jesus gives us new life in breath of His Spirit. (“*Jesus breathed on them...the Holy Spirit*” John 20:22)
- Breathing prayer can help you to center yourself when you begin prayer.
- You are “*offering your body as a living sacrifice to God.*” Dedicate your feelings about your body to God. Express to God your intention to know God’s love through your breath and body.
- Take 5 or 6 deep breaths. Pay attention to your breathing. Try to breathe from your diaphragm, letting your abdomen rise and fall easily. Breathe slowly and intentionally.
- Ask God to make you aware of His presence in the Spirit as you breathe.
- Whenever your thoughts wander, bring your attention back to your breath.
- You may find it helpful to envision breathing **in** the Spirit of peace and light and breathing **out** the darkness, distractions, stress or dis-ease you are holding.
- When you are ready move into your prayer. You may want to use the Lectio Divina or some other form of prayer. Feel free to add your prayer lists.
- When you have completed your prayer, give thanks to God for your time with Him.

