

BREATH PRAYER

Breath Prayer is a way to cultivate a posture of constant awareness and availability toward God. Breath prayers are phrases we repeat with our lips, carry them in our hearts, and whisper them under our breath. Follow these steps to develop your breath prayer:

1. Sit in a comfortable position, close your eyes and remind yourself that God loves you.
2. Imagine God is calling you by name. Hear God asking you: “(Your Name), what do you want?”
3. Answer God with whatever comes directly from your heart (it may be a single word, phrase or brief sentence).
4. Choose your favorite name or image for God.
5. Combine your name for God with your answer to God’s question, “What do you want?” You then have your breath prayer. Work with the prayer till you have six to eight syllables that flow smoothly when spoken aloud or expressed as a heart thought (i.e. Peace/God “Let me know your peace, O God.” Rest/Shepherd “My Shepherd, let me rest in thee.” Guidance/Eternal Light “Eternal Light, guide me in your way.” Use your breath prayer throughout the day (either aloud, in your heart, or under your breath).