

The Breath Prayer

The breath prayer takes something you do all the time and uses it to help you pray. Quite simply, this is a prayer that may be said in one breath, breathing in and out.

1. Make yourself comfortable and quiet. Close your eyes and remind yourself that God loves you and you are in God's presence.

Recall a favorite poem or passage of scripture such as:

"Be still, and know that I am God." --Psalm 46:10

2. Imagine that God is calling you by name. Listen carefully and hear God asking you, "____(use your name)____, what do you want?"
3. Answer God with whatever comes honestly from your heart. Use one or two words or a short phrase in the answer.

"Peace."

"Healing."

"I want to feel your forgiveness."

If several ideas come out, combine or focus so that you find a specific need that is as basic to your spiritual well-being as water is to life.

Ask yourself: What do I want that will make me feel most whole? Peace of mind and peace of heart will follow wholeness.

4. Choose your favorite name for God:
God, Jesus, Christ, Lord, Spirit, Creator
5. Combine your name for God with your answer to God's question, "What do you want?" This becomes your breath prayer. It may be:

Let me know your peace, O God.

OR

Jesus, I need to let go of troubles.

Try placing God's name at the beginning and at the end. One way may feel more comfortable than the other. Change the words as needed so that the sentence flows smoothly, as in a breath.

Now say or think the words of the prayer as you breathe in and breath out. Write the prayer down and use it several times during the day—in fact, any time you think it. You may even ask others to pray it with you or for you, if that seems appropriate. Soon it will become a part of your life.

--from *Living Simply* by Delia Halverson, published in 1996 by Abington Press.

Pause

Reflect

Ask

Yield

Enjoy

Restore