

Renew Your Life: Breath Prayer

The breath prayer can be used for a time of silent prayer to focus your mind, rest in God's presence, and offer a prayer from your heart, all with the rhythm of your breath. It reminds us of God's presence, already right here with us, and gives us a chance to share with God, who is already listening. To use the breath prayer, simply repeat two short phrases, one as you inhale, and one as you exhale.

For example:

Inhale: Spirit of God

Exhale: Renew my love (repeat)

The first phrase typically calls on God (Spirit of God... Loving God... God of Creation...) and the second phrase lifts up your own prayer, in a very short phrase (renew my life... send your love... guide my day... fill my heart).

You can create your own breath prayer or there are breath prayers suggested for each theme of *Renew Your Life*, in the faith study guide.

If you are using the breath prayer for silent, individual prayer, start with a short amount of time, maybe 5 minutes, and gradually increase to 15 or 20 minutes. As distracting thoughts come to mind, gently set them aside and return to your phrase. You will find it helpful to set a timer, so that you can simply relax and be present. And, select your phrase before you begin.

It can also be meaningful to sit with others in silence, each person repeating their own prayer in rhythm with their breath (or a common prayer). Imagine each person who is present, being intentionally present to God! You can even do this over Zoom!

As you become accustomed to this form of prayer, you'll find that the prayer simply rises up within you throughout the day. It is a good prayer to use while walking. And, it can naturally become part of your day as you walk through times of ups and downs.

To get started:

- Find a place without distractions and sit comfortably
- Begin breathing deeply, relaxing your body and quieting your mind
- Inhale with a phrase that calls on God
- Exhale with a prayer of your heart
- Repeat

See also pages 32-34 in *Renew Your Life* by Pastor Kai Nilsen.