



## FLOURISH COMMUNITIES

### Breath Prayer

**Spiritual disciplines provide meaningful ways for you to abide in God and be transformed by Him.**

The Breath Prayer helps you respond to God's invitation to intimately express your desires to Him.

Before you pray, take a few moments to position your heart and your body as you engage with the presence of the Lord.

**How can you develop this prayer discipline into a daily rhythm?**

#### Breath Prayer

The pattern that forms a Breath Prayer helps you focus on special attributes or qualities of the Lord as you reflect your desire for Him. Breath Prayers are short, simple prayers that link the rhythm of your breathing to your prayer. One of the most well-known Breath Prayers is the Jesus Prayer, which combines the essence of two Scripture verses into one prayer, "Son of David" (breathe in), "Have mercy on me" (breathe out).

To create your own Breath Prayer, stop and quiet yourself. Focus on the nearness of God in the present moment. Choose a name for God that has meaning for you today. Deeply breath in, praying that name of God. As you exhale, voice a deep desire of your heart – either a confession of truth, or a need, or desire – to the Lord. For example, "Abba (breathe in), I belong to you (breathe out)", "Good Shepherd, rescue my daughter", "Holy Spirit, fill me now" or "Breath of life, breathe on me". You may also choose to create a Breath Prayer using a simple phrase of Scripture, such as "My soul finds rest in God alone".

- Try beginning and ending your day with your Breath Prayer.
- Try praying your Breath Prayer at specific times each day. Set reminders on your phone.
- Repeat your Breath Prayer throughout a full week, until the prayer becomes an automatic reflex.
- If someone is on your mind, ask God what His desire is for that person. Form a Breath Prayer that you can pray repeatedly for that person, reflecting God's adequacy and your desire, "Miracle Worker, provide a job for Jessie".

#### Try It

Create a few Breath Prayers below and choose one to focus on today. What is easy for you in this process? What is difficult? Notice what happens in you through time as you develop the spiritual discipline of the Breath Prayer.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Ideas taken from *Spiritual Disciplines Handbook: Practices That Transform Us*, by Adele Ahlberg Calhoun

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