

Breathe in Jesus



inhale

- Slowly and deeply through the nose and fill your stomach.
- Verbalize name of God/Jesus, or an attribute of Him.



Example: Jireh, Rapha, El Roi, Bread of Life, Alpha and Omega, Wonderful Counselor.

exhale

- Slowly through the mouth longer than you inhaled.
- Verbalize something to God.

Example: I love you, Thank you, Give me strength, I need you.

repeat



Jayne Lynne Dorsey