

Week Four  
August 21, 2022

# BREATH

## FRAMING

Breath is so important and so holy! The breath of God breathed life into humankind; we live and breathe because God's breath gives us life.

Our breath can keep us grounded. When we are overwhelmed by a situation or emotions or our to-do list, we can turn inward to our breath to keep us rooted in the moment. Focusing on our breath can help us to pause, rest, and when we are ready, face the challenge.

Breathing is a holy tool that God gave us to root us to God and to help us pause and rest in times when we are overwhelmed.

## SCRIPTURE

"Then the Lord God formed humankind from the dust of the ground, and breathed into their nostrils the breath of life; and the human being became a living being." Genesis 2:7, NRSV

## GET CURIOUS

- Can you feel the difference between a shallow breath and a deep breath?
- How long can you hold your breath?
- What can we do to make sure the air we breathe is clean?

## PRAYER

A breath prayer is way to focus on your breathing while you pray. It can be spiritual way to experience and acknowledge your body and the holy all in one.

- \*breathe in\* saying, "God's mercy is upon me."
  - \*breath out\* saying, "God's grace is around me."
  - \*breathe in\* saying, "God's spirit is within me."
  - "breathe out" saying, "God's love surrounds me."
- \*repeat\*

## PRACTICE

- Take time each day to intentionally just breathe. You could inhale while counting to four and exhale while counting to four. Increase the number until you are really breathing deeply.
- Take a walk outside and breathe the fresh air intentionally.
- Check your heart rate to see how well you are breathing.
- Listen to "Breathe" by Jonny Diaz and reflect on how breathing amidst chaos can connect you to God

