

# Breath Prayer

The breath prayer is an ancient way of practicing the presence of God. It is a way to cultivate a posture of constant awareness and availability toward God.

Like prayers of repetition, breath prayers can be phrases from tradition, scripture, songs or hymns. We repeat these phrases with our lips, carry them in our hearts, and whisper them under our breath.

**Step One** - Sit comfortably. Close your eyes and remind yourself that God loves you and that you are in God's loving presence. Recall a passage of scripture that puts you in a prayerful frame of mind. Consider "The Lord is my shepherd" (Psalm 23:1) or "Be still, and know that I am God" (Psalm 46:10).

**Step Two** - With your eyes still closed, imagine that God is calling you by name. Hear God asking you: "(Your name), what do you want?"

**Step Three** - Answer God with whatever comes directly from your heart. Your answer might be a single word, such as peace or love or forgiveness. Your answer could instead be a phrase or brief sentence, such as "I want to feel your forgiveness" or "I want to know your love."

**Step Four** - Choose your favorite name or image for God. Choices commonly made include God, Jesus, Creator, Teacher, Light, Lord, Spirit, Shepherd.

**Step Five** - Combine your name for God with your answer to God's question "What do you want?" You then have your prayer.

Source: Ron DelBene, *The Breath of Life: A Workbook* (Nashville, Tenn)