



### **Guided Prayer / Breathe In Identity, Breathe Out Inadequacy / January 8, 2023**

Father, knowing that our HOPE is not based on what we can do, but on what you have done,

We breathe in our identity as your workmanship created in Christ Jesus to do good works

We breathe out our inadequacies that seek to define us

Knowing that Christ is our INHERITANCE

We breathe in the peace of our position in you

We breathe out the restless pursuit of worldly position

Spirit of God, knowing that the joy of the Lord is our STRENGTH

We breathe in the joyful preoccupation of Jesus

We breathe out the anxious preoccupation of self

Breathe in your identity

Breathe out your inadequacy

Amen

**Guided Prayer / Breathe In Submission, Breathe Out Control / January 15, 2023**

Father, through the power of your Holy Spirit, indwell our words as we pray

BREATHE IN...the freedom that only comes through surrender to Christ

BREATHE OUT...the slavery that is the result of feeding your selfishness

BREATHE IN...the power of the Spirit to give you the ability to do what He asks, what He made you for

BREATHE OUT...the self imposed condemnation and shame we attribute to a loving God

BREATHE IN...the Father's easy, lightweight yoke

BREATHE OUT...your heavy, oppressive standard that exists through the never-ending cycle of comparison

BREATHE IN...submission

BREATHE OUT...control

Amen

## **Guided Prayer / Breathe In Oneness, Breathe Out Loneliness / January 22, 2023**

Spirit of the Living God, we come to you in our humanness with all of its brokenness

And we BREATHE IN...grace - freely and joyfully given to us through Jesus

And we BREATHE OUT...the inner critic that puts us to shame

Jesus, we desire connection with you in our disjointed lives and so we BREATHE IN...  
your fullness and authority over all things

And we BREATHE OUT...our own grip for control

Father, we trust you are who you say you are and so we BREATHE IN...your love that  
draws us closer to you

And we BREATHE OUT...isolation that keeps us at a distance

And together with the body of Christ, we BREATHE IN...oneness that we are one in  
you and you are in us

And we BREATHE OUT...loneliness

We BREATHE IN...oneness  
and we BREATHE OUT...loneliness

We BREATHE IN...oneness and we BREATHE OUT...loneliness

Amen

**Guided Prayer / Breathe In Forgiveness, Breathe Out Bitterness / January 29, 2023**

Lord, you are our father in heaven, you have invited us into life with you, and you have made this possible by your forgiveness

You are teaching us that ours is the forgiveness religion

We confess our sin to you and we are sorrowful

Through Jesus Christ we accept your forgiveness to us, and we are grateful - and free

We breathe in your forgiveness

We breathe out the voices of accusation

Toward others in our lives, we breathe in your forgiving love for them

We breathe out our bitterness toward them

Breathe in forgiveness

Breathe out bitterness

Amen

**Guided Prayer / Breathe In Connection, Breathe Out Comparison / February 5, 2023**

Father, Son, Holy Spirit

You exist in perfect relationship

And you created us to live in relationships too —  
With you, and with our neighbors

Like Adam and Eve, we're prone to run and hide from you when we're  
ashamed  
And we hide ourselves from others, as well

It's not good for man to be alone

So Father...

We breathe in connection with You, our source of life and daily grace  
We breathe out comparison, that tells us we have to earn your love

Holy Spirit,

We breathe in connection with our neighbor  
We breathe out comparison, that divides us, and robs us of joy

And Jesus,

We breathe in connection as we follow you together  
We breathe out comparison, that makes us insecure, ungrateful, and distracts  
us from your beauty

We breathe in connection  
We breathe out comparison

Amen

Videos for these guided prayers will be posted [here](#) each week.