

## Breath Prayer (A form of contemplative prayer)

You can do this prayer with your eyes open or closed. If you choose to do this prayer with your eyes open, you can find a place on the floor or the wall to just look at.

I invite you to just begin to notice your breath. Breathing in and then out. Notice the rhythm. Notice how you can know air is coming in to your body. Is it the temperature? Is it the sensation? A tingling? (pause 2-3 breath cycles)

Now I would like to invite you to begin to gently slow your breathing. Taking in a little longer of a breath with each inhale, and exhaling a little bit longer with each exhale. (pause for 2-3 full breath cycles)

Each inhale and exhale is a reminder of how close you are to God. In scripture the Hebrew word Ruach is used interchangeably to describe breath and spirit. (pause)

As you breath in and out your next breath I invite you to ponder the name of God Emmanuel. (pause 1 full breath cycle)

With your next inhale, I invite you to connect your breath with Emmanuel, and then connect your exhale with the words "God with us". Inhaling in Emmanuel, Exhaling out God with Us.

Continue in this pattern of inhaling Emmanuel and exhaling God with us, gently extending each breath a little longer and a little slower. Noticing any moments where you feel like you can anchor Emmanuel to your inhale, and anchor God with us to your exhale. (pause for 3-4 full breath cycles)

If you notice your mind wandering, simply gently return to your words, Emmanuel, God with us. (pause 3-4 full breath cycles)

As you move throughout your day, remember you take Emmanuel, God with us, with you and God/spirit is only a breath away.

Father God thank you for your presence, your spirit, and your promise of being with us. Amen.