

Practicing the Presence of God with a Breath Prayer

“Be joyful always; pray continually; give thanks in all circumstances, for this is God’s will for you in Christ Jesus.”

I Thessalonians 5:16-18

Think often on God, be day, by night, in your business and even in your diversions. He is always near you and with you.

Brother Lawrence, *Practicing the Presence of God*

Breath Prayer: a simple, intimate prayer of heartfelt desire that can be spoken in one breath.

How to Practice It:

- Repeat a one-sentence prayer that begins with a biblical name for God that is meaningful to you
- Follow the name with a word or phrase expressing your deep desire or a truth you want to dwell on
- Connect the prayer to your breathing: 1) inhale with the name of God 2) exhale with the desire or request

Examples:

- Abba . . . I belong to you
- Healer . . . speak the word and I shall be healed
- Shepherd . . . keep me close to you
- Holy One . . . purify me with your love
- Lord . . . here I am
- Jesus . . . have mercy on me

Benefits:

- Developing a rhythm of turning to God at any time of the day
- Developing a constant, inner, unbroken, perpetual habit of prayer
- Putting into a phrase the deepest desire of your heart and praying out of that desire
- Reminding yourself that God is present and living in you

MY BREATH PRAYER