



Breathing Prayer

1. Find a comfortable place to sit or lie down. Close your eyes if you would like.
2. Set an intentional amount of time such as five minutes.
3. Choose a mantra (e.g. *Be Still and Know that I am God.* Psalm 46:10)
4. Inhale the first half slowly and intentionally. Hold it.
5. Exhale the second half slowly and intentionally. Hold it.
6. Repeat.

Surrender to the breath of God

Prayer is anytime you are intentionally entering into a relationship with God. You will make your breathing a prayer simply by making the intention to be in the presence of God. If your mind wanders, it's okay. Come back to your mantra or focus on your navel expanding and contracting as you breathe in and out. The more you practice, the more fruitful your breathing practice will be.