



## BREATHING PRAYER

Using your breath as a prayer practice is a simple way to slow down and be aware of the presence of God and it can be done anywhere and at anytime. To begin, remember that prayer is anytime you are entering into a relationship with God. Prayer is making an intention to connect with God. You will make your breathing a prayer simply by making the intention to be in the presence of God. Here are a few tips.

*Just Breathe*

- Find a comfortable place to sit or lie down.
- Choose a short prayer or line of scripture such as:  
Be Still and Know that I am God.  
Lord Jesus Christ, have mercy on me.  
Come Holy Spirit, fill my heart.
- Inhale for the first half of the sentence. Exhale for the second half.
- Inhale deeply and with intention. Try holding it for a second at the top. Exhale slowly.
- If your mind is wandering, try focusing on your words or focus on your navel expanding as you breathe in and out.
- Try setting an intentional amount of time. Three to five minutes can take you to a place of calm and relaxation.
- Just like anything, the more you practice, the more fruitful it will be.

