

# Breath Prayer

Breath prayers are an ancient form of prayer that reminds you that you are constantly in the presence of God. Breath prayers involve simple phrases said internally or under your breath as you breathe in and breathe out. The wonderful thing about breath prayers is they can be said many times throughout the day to help you focus on God journeying with you.

## **To Begin:**

- Find a comfortable place to sit.
- Close your eyes.
- Take a few slow breaths. Breathe in through your nose and out through your mouth.
- Now, as you breathe in say "Our Father." As you breathe out say "Who art in heaven."
- Repeat it about 10 times as you slowly breathe in and out.
- Do this several times each day to remind you that God who lives in heaven is also with you everywhere you go.

**To Go Farther:** You can create your own phrase for your breath prayer.

Use these steps from Ron DelBene, shared in Wynn McGregor's book *The Way of the Child*, pg. 121-122

Sit comfortably and slowly breathe in and out.

- "With your eyes closed, imagine that God is calling you by name. Hear God asking you: '(Your name), what do you want?'"
- "Answer God with whatever comes directly from your heart. Your answer might be a single word or a phrase."
- "Choose your favorite name or image for God."
- "Combine your name for God with your answer to God's question 'What do you want?'" Now you have your own personal breath prayer.



*Breath prayers can also be a phrase from scripture that speaks to you.*