

# Breath Prayer

## Guide:

The desire of the breath prayer is to pray a simple, intimate prayer of heartfelt desire before God. It's a form of contemplative prayer linked to the rhythms of breathing:

- 1) breathe in, calling on the biblical name or image of God
- 2) breathe out a simple God-given desire.

## Sample Breathe Prayers:

- breathe in "Abba," breathe out, "I belong to you."
- breathe in "Shepherd," breathe out, "guide me home ."
- breathe in "Holy One," breathe out, "keep me true."
- breathe in "Lord," breathe out, "here I am."
- breathe in "Jesus," breathe out, "have mercy on me."
- breathe in "Spirit," breath out, "root me in your love."