



Breath Prayer

is a way to "pray without ceasing."
(1 Thessalonians 5:17)

The idea is to connect a short prayer to the rhythm of our own body. One phrase is inhaled, another is exhaled. Just like our own breathing the prayer becomes something life giving yet almost unconscious.

The Jesus Prayer

is an ancient breath prayer handed down to us by the desert fathers & mothers who lived about 300 years after Jesus' resurrection.

Inhale: **Lord Jesus Christ, Son of God**
Exhale: **have mercy on me, a sinner**

or more simply...

Inhale: **Lord Jesus Christ**
Exhale: **have mercy on me**

or even...

Inhale: **Lord**
Exhale: **have mercy**

Use Your Imagination!

As you inhale: Imagine you are breathing in the very presence of God. Imagine that all the love, goodness, beauty, and mystery of God is coming down to you from heaven.

As you exhale: imagine that the mercy you have received from God is contagious. As you are breathing out, imagine that same mercy flowing out from your breath and being extended to those around you.

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