

## Breath Prayer for Individual Use

### [Optional] Materials:

- Bible, pen, paper for notetaking during or after

Breath Prayer, also known as the Jesus Prayer, is meant to remind us that the Father, Son and Holy Spirit are always as close to us as our breathing. In fact, the lyrics of a Jason Gray song called *The Sound of Our Breathing* reminds us that the phonetic pronunciation of Yahweh sounds like our inhale (Yah) and exhale (weh). So, with our very first breath of life to our very last breath (and every breath in between) we are saying His name.

The Breath Prayer is so simple it can be done throughout the day:

- When you first open your eyes in the morning or close them at night
- Before each meal
- Before an appointment or meeting
- During an appointment or meeting
- While driving or doing chores

It's meant to help us pray without ceasing (1 Thess 5:16-18) and lift our worries or praise in a quick "arrow prayer" fashion. It can also be practiced like a rosary by using prayer beads or simply using our fingers to repetitively say the prayer 10-20 times as a centering prayer experience.

The first part of the breath prayer is choosing a name for God on our inhale such as: **Abba Father, El Shaddai, Lord, God of Grace, Yahweh, Heavenly Father, Lord Jesus, Mighty Warrior, Emmanuel**, etc

The second part of the breath prayer is naming what we want or need from God for our exhale: **Give me strength; fill me with Your peace; use me for Your kingdom; fill me use me; help me in my unbelief; help me trust you; heal [me, mom, etc], protect my family**. Some praise ideas are: **You are God and I am not, You are Holy and Just. You are higher than \_\_\_\_\_,**

An example of a breath prayer is: **Lord Jesus Christ Son of God [inhale deep breath], have mercy on me [while exhaling]**. It takes some practice to speak out loud and breath in a rhythm!

### Let's Begin:

Sit quietly for a minute to choose the name and prayer (or praise) you want to breathe in and out today. You may want to open your Bible for inspiration. If you struggle, you can do the devotion first and circle back to this step.

Let's open with a devotion and an examination of conscience to honor our holy Lord and cleanse our hearts. [see page 2 for a suggested devotional from Psalm 66].

After the devotional, sit for 2 minutes of silence to breath in God's name and exhale your prayer or praise. Slowly breath in and out in this way 10-20 times. Close with the Lord's Prayer or a simple "Thank you for Your peace, Lord."

Some find it useful to focus on one breath prayer every week while some change it daily or even throughout the day as the Spirit leads. Whatever the case, it helps us abide in the Father and He in us (John 15:4).

Adapted by Cathy White from <https://youtu.be/rTB-o2OYHIU> and <https://youtu.be/9xcdl73SyJ4>

## Opening Devotional

### *In preparation for Breath Prayer*

In preparation for this special time with God, it is strongly urged that I examine my heart and detect any unconfessed sin. Scripture records that God always requires His people to repent of their sins before He will hear their prayers. King David said:

*Come and hear, all of you who reverence the Lord, and I will tell you what he did for me: For I cried to him for help, with praises ready on my tongue. He would not have listened if I had not confessed my sins. But he listened! He heard my prayer! He paid attention to it! Blessed be God who didn't turn away when I was praying, and didn't refuse me his kindness and love. (Psalm 66:16-20)*

Gracious Lord, help me to detect my Unconfessed Sins

My obvious sins

My Less obvious sins

The Sins of Omission (my inaction)

The Sins of Commission (my actions)

Sins that have caused me to leave you, Oh Lord –

My worldly mindedness,

My self-centeredness,

My spiritual indifference,

My unwillingness to share my faith in Jesus Christ with others,

My unwillingness to make sufficient time in Your Word,

My unwillingness to make sufficient time in prayer,

My poor relationships - with my family, my friends, my pastor; other members of my church community and those in the world.

Lord I confess and repent of my sins and receive your gracious forgiveness. Thanks be to God. Amen.

(Devotional adapted by Gloria Stevens from Dr. Bill Bright, founder of Campus Crusade for Christ  
[www.nairobichapel.org/NC/Bulletin/HowToPrepareYourselfSpiritually.pdf](http://www.nairobichapel.org/NC/Bulletin/HowToPrepareYourselfSpiritually.pdf))