

Breath Prayer With Psalm 46:10



- Step One: Sit for a moment in silence and remember that God holds you in a loving presence. Take three or four slow, deep breaths, inhaling through your nose, and then exhaling the lungs fully. The more used air you breathe out, the more new air you can take in.
- Step Two: Read silently or aloud Psalm 46:10, “Be still, and know that I am God.” Pause after each phrase to take three or four deep breaths before moving to the next phrase.
Be still, and know that I am God...
Be still, and know that I am...
Be still, and know...
Be still...
Be...
- Step Three: For the next several minutes, just breathe. Become aware of the natural pauses in the ebb and flow of your breath. These are called stillpoints. Watch each moment of breath, the inhalations and exhalations and stillpoints with calm awareness. In Christian spirituality the stillpoint is identified as God’s fullness. It is a point of rest. When we rest in God, there is nothing more to do, nothing to be, nowhere to go. Simply be with your breath with calm awareness.
- Step Four: As thoughts arise, simply acknowledge them and let them pass. Simply return to your breath. Keep awareness on the breath. Return to Psalm 46:10, “Be still and know that I am God” at any time.
- Step Five: Gently, slowly open your eyes. How are you feeling? As the spirit releases you from this time of breath prayer, carry its calm awareness with you as you move on with your day.

Source: *Paths to Prayer: Finding Your Own Way to the Presence of God*, Patricia Brown, Jossey-Bass, 2003