

## Developing Your Own Breath Prayer



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One way to develop your own breath prayer is to visualize Jesus standing before you, asking you, “(your name), what do you want me to do for you?”  
Let your response surface from deep within.

Next, identify how you normally address God in prayer:  
Lord, Jesus, Holy One, Living Spirit, Eternal God?  
Find your name for the divine being.

Combine your desire with your name for God  
in a single short phrase that flows easily in your mind.

Sit quietly and repeat the phrase gently in your mind for several minutes.  
You can carry this prayer with you throughout the day.  
Marjorie Thompson, *Soul Feast: An Invitation to the Christian Spiritual Life*

### Stillness

The Lord is here/be silent, be still  
Now the silence/now the peace

### Inner Healing

Jesus Healer/make me whole  
I breathe in God/I breathe out fear

### Gratitude

Breathing in: the gift of life...breathing out: blessing  
Breathing in: I calm my body...breathing out: I smile

### Intercession

Into your hands, O God/my life (child, spouse, work)  
Gently I hold\_\_\_\_\_/in your healing presence  
I give thanks for\_\_\_\_\_/who blesses my life

### Scripture

Peace I leave with you/my peace I give to you  
It is I/be not afraid  
Abide in me/and I in you  
I am with you always/to the end of the age  
In quietness and confidence/shall be your strength  
I will never leave you/nor forsake you.