



## **1 breathe**

Breathe in deeply and slowly through your nose. Feel your lungs fill completely.

Focus on filling your lower lungs (your diaphragm) so that your stomach expands while your upper chest remains still.

Breathe out slowly. Empty your lungs fully.

Repeat a few times as you bring your breathing into a slow and steady rhythm.

## **2 pray**

Inhale: Continue breathing slowly as you pray. Fills your lungs slowly as you say the "inhale" part of the prayer.

Exhale: Empty your lungs slowly as you say the "exhale" part of the prayer.

Meditate on the words as you breathe to the rhythm of the prayer.

## **3 repeat**

Repeat the breath prayer, inhaling and exhaling slowly, for at least one minute.

Try to work up to 5 minutes.

### Steps for "Breathing In His Love" Exercise

- **Prepare:** Find a comfortable seat and close your eyes. Relax your shoulders and place one hand on your heart and one on your belly, if comfortable.
- **Inhale (Receive):** Inhale slowly through your nose, imagining you are filling your lungs with God's Spirit, love, or peace. Say to yourself "**Lord, fill me with your love.**"
- **Hold (Dwell):** Briefly hold your breath for a few seconds, resting in the awareness of being a beloved child of God. Let the feeling of peace and divine presence fill your inner being.
- **Exhale (Release/Share):** Breathe out slowly through your mouth, silently saying, "**I release your love to the world.**" Visualize your breath carrying God's light to those around you—your family, friends, or even those in need.
- **Repeat:** Continue this cycle for up to 5 minutes or whatever feels comfortable, letting the rhythm of your breath anchor you in the present moment.

### Scriptural Breath Prayers

- **The Jesus Prayer:** (Inhale) Lord Jesus Christ, Son of God, (Exhale) have mercy on me, a sinner.
- **Psalm 46:10:** (Inhale) Be still, (Exhale) and know that I am God.
- **Psalm 23:1:** (Inhale) The Lord is my shepherd; (Exhale) I shall not want.
- **Psalm 56:3:** (Inhale) When I am afraid, (Exhale) I put my trust in You.
- **1 Samuel 3:9:** (Inhale) Speak, Lord, (Exhale) for your servant is listening.
- **Matthew 6:10:** (Inhale) Father, (Exhale) Your will be done.

### Prayers for Peace & Presence

- **Identity:** (Inhale) I am (Exhale) God's beloved.
- **Belonging:** (Inhale) Abba, (Exhale) I belong to You.
- **Guidance:** (Inhale) Holy Spirit, lead me; (Exhale) I will follow your way.
- **Release:** (Inhale) I receive Your peace; (Exhale) I release my fears.
- **Rest:** (Inhale) My soul finds rest (Exhale) in God alone.