

In her book, *Sacred Rhythms*, Ruth Haley Barton says “Breath prayer is to the spiritual life what oxygen and the pulmonary system are the life in the body, a way for us to breathe rhythmically and reflexively with the Spirit – the very breath of God”

She also says, “the breath prayer helps us pray when we don’t know how to pray. It gives us a way to pray even when we can’t pray formally, it can be used to usher us into contemplative prayer, and when our mind wanders, we can be brought back from distraction by simply repeating our breath prayer.”

Isn’t it amazing that God designed us with a build in way to focus our troubled minds and hearts on the Truth? Here’s a simple model to follow.

1. Start by addressing God in a way that’s natural for you - Jesus, God of Glory, Holy Spirit, Precious Savior – as you breathe in fully (counting 3-4 seconds)
2. Then hold that breath while you pause to consider what you’d like to express to God (3-4 seconds) ...
3. Breathe out your prayer in 3-4 words (or lasting another 3-4 seconds)

JESUS ... I NEED YOU NOW

GOD OF MERCY ... COME TO MY RESCUE

HOLY SPIRIT ... SPEAK THROUGH ME

PRECIOUS SAVIOR ... MAKE A WAY

LORD I BELIEVE ... HELP MY UNBELIEF