

Breath of God

A practice of creating space for God wherever you are

“From your very first inhalation and exhalation, the very sound of the sacred is made. It is the literally unspeakable Jewish name for God, YHWH. It cannot be spoken but only breathed: inhaling and exhaling with open lips. It is the first and last “word” you will ever utter—most likely without knowing it.” Richard Rohr

Take a moment to catch your breath. Whether it is the stress of work, juggling schedules, or struggling with the state of the world, take a moment and breathe. It seems so simple yet we can lose sight of the sacredness of this life sustaining act. The season of Lent is an invitation to reconnect with the Divine and renew our lives of faith. During the week, you are invited to find a moment each day to engage in one or more of the following prayer practices.

Below is a brief description of each practice:

BIBLE PASSAGE

Each week you will receive a new Bible verse. Take your time reading and listen for words or phrases that stir or connect with you. Try reading out loud, if possible. Allow this time to be more than just a quick read; engage with the living Word. Sit with the Word and let it lead you into prayer.

BREATHING EXERCISE

Breathing exercises can reduce stress and anxiety, increase energy levels, detoxify and renew awareness of our bodies, among other benefits. Deep breathing anchors us in the present and it can be done almost anywhere! A new breathing exercise will be introduced each week during Lent.

BREATH PRAYER

Breath prayer is an ancient Christian prayer practice. It is intended to be a very short prayer, typically just six to eight syllables and has potential to become as natural as breathing. The prayer can be adjusted for praise or petition and can be said silently, sung, or chanted. You may use the prayer provided or create your own. Close your eyes and focus on your breath as you repeat the phrases on each inhale and each exhale. Repeat the phrases for about 1 minute. (If you have more time, you can remain in this prayer for 5 to 10 minutes. Try setting a timer to keep you from checking the time.)

STILLNESS MEDITATION

Stillness meditation is a practice intended to still an active mind and to ultimately enable it to be present in the moment. As we declutter from all of the distractions and confusion of life, a space is prepared to encounter God anew through this practice. These meditations will be opportunities to listen and feel the Divine presence embracing us.

MOVEMENT MEDITATION

It is through our hands and feet that God works in the world. The Apostle Paul referred to bodies as “temples of the Holy Spirit” (1 Corinthians 6:19). Our body is sacred and to pray and connect with God and others is a holy act. Through this practice we engage in embodied prayer. Some movements are subtle, others can be modified to accommodate your space or abilities.

Throughout Lent, there will be opportunities to gather on Sunday mornings to breathe as community. From 10:00am to 10:15am, the week’s practices will be introduced. These include a Bible passage, a breath prayer, a breathing exercise, a stillness meditation, and a movement meditation.

OUTLINE OF WEEKLY DEVOTION SHEET

ITEMS HELPFUL TO YOUR TIME OF DEVOTION

- Bible (Texts provided will utilize a translation from either NRSV, NIV, or Inclusive Bible)
- A small candle or LED candle (*to serve as a reminder that God dwells in your space*)
- A chair and enough room to stretch

