

Breath of God

A practice of creating space for God wherever you are

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BIBLE PASSAGE

Psalm 104:29b "when you take away their breath, they die and return to their dust."

Read Psalm 104:24-35
(NRSV translation of text found on back of page)

BREATHING EXERCISE

Using the equal breathing technique, inhale and exhale through your nose for the same amount of time. On your inhale, slowly count up to four (1, 2, 3, 4). On your exhale, slowly count down from four (4, 3, 2, 1).

BREATH PRAYER

(Breath in) I am dust

(Breath out) And to dust
I shall return

STILLNESS MEDITATION

Sit up straight in your chair. With hands on your knees, palms facing up, think of two or three good things in your life and picture those things resting in your hands.

What feelings emerge for you?

MOVEMENT MEDITATION

For this movement you can stand or remain seated.

With arms by your side and palms facing your legs (also known as Mountain pose), inhale and slowly raise your arms up above your head and bring your hands together to touch. Then exhale to lower your arms back down by your side.

Psalm 104:24-35

O Lord, how manifold are your works!
In wisdom you have made them all;
the earth is full of your creatures.
Yonder is the sea, great and wide,
creeping things innumerable are there,
living things both small and great.
There go the ships,
and Leviathan that you formed to sport in it.

These all look to you
to give them their food in due season;
when you give to them, they gather it up;
when you open your hand, they are filled with good
things.
When you hide your face, they are dismayed;
when you take away their breath, they die
and return to their dust.
When you send forth your spirit, [g] they are created;
and you renew the face of the ground.

May the glory of the Lord endure forever;
may the Lord rejoice in his works—
who looks on the earth and it trembles,
who touches the mountains and they smoke.
I will sing to the Lord as long as I live;
I will sing praise to my God while I have being.
May my meditation be pleasing to him,
for I rejoice in the Lord.
Let sinners be consumed from the earth,
and let the wicked be no more.
Bless the Lord, O my soul.
Praise the Lord!