

Breath Prayer

Breath prayer is discovered more than created. We are asking God to show us his will, his way, his truth for our present need. Here is a way you can discover a breath prayer for yourself. Find some uninterrupted time and a quiet place and sit in silence, being held in God's loving presence. After a few moments allow God to call you by name. Next allow this question to surface "what do you want"? Answer this question simply and directly.

Maybe a single word will come to your conscious mind: peace, faith, strength. Perhaps it will be a phrase. Next connect this phrase with the most comfortable way you have of speaking about God, Abba, Heavenly Father etc. Finally you will want to write out your breath prayers, staying within what is comfortable to say in one breath. Over the next few days allow God to adjust your breath prayers ever so slightly. Begin praying your breath prayers as often as possible. Allow God to plant it deep into the depths of your spirit.

The classic writers had a profoundly simple approach to go through all the activities of their days in joyful awareness of God's presence with whispered prayers of peace and adoration flowing continuously from their hearts.

Brother Lawrence urges us to make a private chapel in our hearts where we can retire from time to time to commune with Him, peacefully, humbly, lovingly.

Unceasing prayer is hidden prayer, the prayer of the closet, no one knows that we are engaged in it ... except by noticing that we are happier and more fulfilled.