

BREATH PRAYER

Liturgy is nothing more than a form for offering worship and glory to God. The following liturgy is for your benefit as you guide a room to worship and see the glory of God through the practice of Breath Prayers.

Breath Prayers are an ancient and simple way of praying without ceasing as Paul encourages in his letter to the Thessalonian church. It dates back to the early centuries of the Christian Church in the Middle East. In origin, it is suspected that these early church fathers and mothers adapted Blind Bartemaeus' words from Mark 10 where he exclaims, "Jesus, Son of David, have mercy on me," in order to grab Jesus' attention which led to his healing.

Today many adapt the simple Breath Prayer into two parts: inhale and exhale. On the inhale, it is common to call the attention to a part or the whole of the Trinity. On the exhale, a short and concise request is made on behalf of the one praying. See below for a set of examples.

Example 1 Inhale: "Lord Jesus..." Exhale: "...have your way in (insert place, person, or event)."

Example 2 Inhale: "Holy Father..." Exhale: "...heal my aching back."

Example 3 Inhale: "Holy Spirit..." Exhale: "...give me patience to endure this day."

Take liberty to adapt this document and let your character shape the moment as you minister.

Supplies¹: Bible, Journal, Pen

Introduction: Each week we enter this room under the weight of busyness. Let us, in this space, set the responsibilities of our day down to free our souls and awaken our spirits to the study of God's presence before we study (insert course title).

Tonight we're going to practice the simple Breath Prayer. This habit is a way to pray without ceasing and keep our minds present on the nearness of God the Father, God the Son, and God the Holy Spirit.

For the sake of offering a model, this liturgy will make use of the foundational concepts that God is our father who offers us forgiveness for our sins.

Body: I will signal you with two prompts: "inhale" and "exhale."

On our inhale, we call on the kindness of our good God, "Merciful Father,"
On our exhale, we invite him to extend his greatest act of love, "forgive me, a sinner."

¹ These supplies can be used at your discretion but are not required

Around this quiet place, let these words minister to the most hidden parts of your body, soul, and spirit. Let these few words offer great freedom as we speak truthfully that our Father is filled with mercy, willing and able to pardon our errors.

Inhale, “Merciful Father,”

Exhale, “Forgive me, a sinner.”

Between each breath, allow 10-30 seconds to pass.

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Benediction: Holy Father, full of mercy and kindness, we thank you that in our wanting we can call on your wondrous love for us. We, your beloved children, celebrate that you call us yours and do not forsake us for your glory and our redemption. Amen.

OR if you choose to make the Breath Prayer the priority you can end by simply saying,

Amen.

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Resource(s)

[How Breath Prayers Helped Me ‘Pray Continually’](https://www.christianitytoday.com/2023/07/breath-prayer-busy-mom-spiritual-disciplines/) - Christianity Today: Esther Shin Chuany
<https://www.christianitytoday.com/2023/07/breath-prayer-busy-mom-spiritual-disciplines/>

[Breath Prayer: An Ancient Spiritual Practice...](https://biologos.org/articles/breath-prayer-an-ancient-spiritual-practice-connected-with-science) - BioLogos: Nancy S. Wiens
<https://biologos.org/articles/breath-prayer-an-ancient-spiritual-practice-connected-with-science>

Note(s): Though not necessary, you or your group may find it helpful to prepare a musical element to encourage a pensive or reflective atmosphere.