

Take A Deep Breath



**"The Spirit of God has made me;
the breath of the Almighty gives me life."
(From the Old Testament, The Book of Job 33:4)**

Breath allows us to speak, sing, yawn, and laugh. We breathe around 20,000 breaths in a single day! Every inhalation fills the lung with oxygen, every exhalation releases carbon dioxide. Calm breaths are known to be soothing and relaxing.

For centuries, believers have connected short silent prayers with the inhalations and exhalations of rhythmical breathing.

Here are a couple of examples:

(Inhale) Come to me,
(Exhale) and I will give you rest.
(Jesus' words in the Gospel of Matthew 11:28)

(Inhale) Lord Jesus Christ,
(Exhale) have mercy on me, a sinner.
(The Jesus Prayer)

(Inhale) I am yours,
(Exhale) and you are mine.
(From the Old Testament, Song of Songs 2:16)

(Inhale) My peace,
(Exhale) in your heart.
(Jesus' words in the Gospel of John 14:27)

(Inhale) Praise God,
(Exhale) forever and ever.
(From the Old Testament, Psalm 145:1)

The simple repetition of scripture verses helps ease the scrambling for words in prayer, especially in stressful times.

Often, setting aside a couple of minutes for a breath prayer in the morning can alleviate the heaviness of the anticipated challenges of the day ahead. Likewise, a couple of minutes of breath prayer in the evening can commit the day back into God's hands and make falling asleep easier.

And even throughout the day, a breath prayer can be silently prayed at any time as a reminder that God is always with us. ♡