In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but he Spirit himself intercedes for us through wordless groans. Romans 8.26

Breath prayers are not a replacement for other forms of praying, but are a way to involve the heart as well as the head as we allow ourselves to listen and to be more in tune with the beat of God’s heart.

Instructions:

1. Sit comfortably, but upright in a favourite spot. As you sit, notice the speed of your breathing and slow it down.
2. Take some slow deep breaths and look out for any tension in your body. As you breathe out let those tensions go. Allow your body to relax.
3. Once you are breathing deeply and slowly, try thinking or speaking a simple word or phrase that helps you focus on God. For example say ‘Thank you’ when you breathe in and ‘Jesus’ when you breathe out. Or ‘Father’ and ‘Protector’; or ‘Spirit’ and ‘Fill me.’
4. You may find after a few tries that the words you need will come naturally.

A popular form of breath prayer is known as the ‘Jesus prayer.’

Breathe in for 4 seconds: “Jesus Christ”; Hold your breath for 4 seconds; “Son of God” Breathe out for 4 seconds, “Have mercy upon me”; wait for 4 seconds before breathing in: “a sinner”