

# NOTES

[illegible]

“Spiritual disciplines can do nothing. They can only get us to the place where something can be done.”  
- Richard Foster

Celebration of Discipline: The Path to Spiritual Growth

The discipline of Breath prayer is repeating a simple one-sentence prayer throughout the day that is connected to your breathing. It often begins with a biblical name of God that is meaningful to you; followed with a word or phrase expressing your deep God-given desire.

It is in Jesus Christ that “we live and move and have our being” (Acts 17:29). In the fast paced world in which we live, the powerful ability to center ourselves in a simple, intimate prayer to God can bring calm and an awareness of His presence and power.

Breath prayer can be done anytime and anywhere! Choose a sentence or Scripture verse that is meaningful to you to pray and as you say the first part of the sentence, inhale deeply. Then as you say the second part, fully exhale.

Try one or more of these phrases during the week

Abba, I belong to you  
Jesus Christ, Have Mercy On Me  
Come Holy Spirit