

Teaching Notes – Breath Prayer

"Think of prayer as the breath in our lungs and the blood from our hearts. Our blood flows and our breathing continues 'without ceasing'; we are not even conscious of Jesus keeping us in perfect oneness with God but if we are obeying Him, He always is. Prayer is not an exercise; it is the life of the saint. Beware of anything that stops the offering up of prayer. Maintain the childlike habit of offering up prayer in your heart to God all the time." Oswald Chambers (MY UTMOST FOR HIS HIGHEST)

Based on the Scripture of when Jesus breathed a prayer on the disciples, breath prayers are in essence a pause to take in a breath of God. The idea is to say a prayer that is short enough to be said in one breath. Physically when you say a full breath prayer it causes your body to reach into the lower lungs and expel all the air, the immediate uncontrolled response to this is a deep full reaching breath that fills all the lungs. The physiological affects of this deep cleansing breath include, calming the nervous system and slowing the heart beat. Your breath prayer can be as simple as pausing to take a deep breath and exhaling the prayer or full body language may be added, raising hands, palms up to God, bowing head, etc. To keep our focus on the Lord, I recommend breath prayers be the direct words of scripture. I have included some of my favorites below.

"Practicing the presence of God is not getting Him to move into our presence, but us surrendering to His presence already at work within us." Richard Foster (CELEBRATION OF DISCIPLINE)

- Breathe in deep breath
- Breathe Prayer
- Breathe in (receive from the Lord)
- Breathe out (exhale worldly cares, junk)

"Bless the Lord O my Soul (Psalm 103:1)

"Remember all His benefits" (Psalm 103)

He heals all my diseases" (Psalm 103)

"Speak Lord... for your servant hears" (1 Samuel 3:9 & 10, NKJV)

"Give thanks to the Lord... for he is good" (1 Chronicles 16:34)

"The Lord is my Shepherd... I shall not want" (Psalm 23:1, KJV)

"Taste and see... that the Lord is good" (Psalm 34:8)

"Be still... and know that I am God" (Psalm 46:10, KJV)

"The Lord... will be [my] confidence" (Solomon, Proverbs 3:26)

"The joy of the Lord... is [my] strength" (Nehemiah 8:10)

"Let it be to me... according to your word" (Luke 1:38, NKJV)

"Our Father... Hallowed be thy name" (Matthew 6:9, KJV)

"Father... glorify your name" (John 12:28, NKJV)

"Father... into your hands I commit my spirit" (Luke 23:46, NKJV)

"Live by the Spirit... Keep in step with the Spirit" (Galatians 5:25)

"To live is Christ... and to die is gain" (Philippians 1:21, KJV)

"In Christ's humility... consider others better than yourselves" (Philippians 2:3)

"I want to know Christ... and the power of his resurrection" (Philippians 3:10)

"My God... will meet all your needs" (Philippians 4:19)