



BREATH PRAYER

Breath Prayers are short prayers, only one phrase that can be either petitions or praises.

Examples:

- “Lord, have mercy on me.”
- “Lord God, You are holy.”

The original breath prayers were taken from the Psalms.

Breath prayer is a meditative prayer in which we pause, slow down and focus on God’s presence. The repetition allows us to ponder our words deeply, to mean them in the core of our being. The short phrase is prayed in rhythm with ones breathing so that, in a sense, we are praying our petition or praise with the very rhythm of life. 1 Thessalonians 5:17 says, “pray continually.” As our prayer becomes as natural as breathing, we may be able to pray without ceasing. Our breathing becomes prayer.

In both Hebrew and Greek the words for breath and spirit are the same. “We do not know what we ought to pray, but the Spirit himself intercedes for us with groans that words cannot express.” — Romans 8:26