

# Breathing His Word



A prayer guide.

The wind blows  
wherever it pleases.  
You hear its sound,  
but you cannot tell  
where it comes from  
or where it is going.  
So it is with everyone  
born of the Spirit.

John 3:8 NIV

"It all began when I realized the very sound of an inhale and exhale is the pronunciation of God's name: Yahweh. Imagine every breath you breathe whispers His name.

Perhaps this is what Paul meant when he encouraged us to "pray without ceasing." And so I began with **one minute** of speaking God's name to the rhythm of my breath." - Stacy

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Inhale... Yah  
Exhale... Weh

This is the heart of breath prayer. Praying God's Word to the rhythm of your breathing: Inhale. Exhale.

The practice of deep slow breathing combined with prayer and Scripture, helps to center your soul on God. It can distract you from destructive thought patterns. And ease an anxious heart.

*Slow, deep breaths help activate the parasympathetic nervous system, slowing the heart rate and calming the body, while prayer turns the heart toward Christ, focusing the mind on truth and calming the soul.*

-Jennifer Tucker in Breath as Prayer

Take a minute now to breath the name of God as a prayer. Follow the format above.

This is a practice you can grow in. Spending increasing amounts of time in prayer. Work your way up to 3 or 5 minutes. Its flexibility is endless. A prayer you can practice anywhere. On the next page are some prayers to get you started.

*A prayer when you find yourself brokenhearted with no words to pray:*

The Lord is my shepherd (inhale)

I do not lack one thing (exhale)

Psalm 23:1

*A prayer for when you're feeling overwhelmed:*

Jesus, I can't (inhale)

But you can (exhale)

Philippians 4:13

*A prayer for the moment when trouble abounds:*

Lord, you are my refuge (inhale)

My present help in times of trouble (exhale)

Psalm 46:1

*A prayer when you are battling selfishness:*

Lord, I must decrease (inhale)

Jesus, increase in me (exhale)

John 3:30

*A prayer for a transformed heart:*

Lord, I delight in you (inhale)

You are my heart's desire (exhale)

Psalm 37:4