

# Breath Prayer

This ancient Jewish prayer practice helps you sit with God. Let your breathing create space for time with God. Silently say the first part of the prayer on the inhale and the second part of the prayer on the exhale. Begin and end your day with a few minutes of this prayer and anytime you notice your breathing. Listen to what God speaks to you throughout the week as you pray.

God breathed life into humanity (Gen 2:7)

Jesus breathed the Spirit on his disciples (Jn 20:22)

# Breathe the "I am"

Example: Breathe prayer in/Breathe prayer out

April 5-11 - John 6

I am the bread of life/you shall not hunger

April 12-18 - John 8

I am the light of the world/do not walk in darkness

April 19-25 - John 10

I am the good shepherd/my own know me

April 26-May 2 - John 11

I am the resurrection/believe and have life

May 3-9 - John 14

I am the way, truth, and life/come and know my father

May 10-16 - John

I am the true vine/abide in me