


A METHOD FOR  
CREATING  
YOUR OWN...

*"In this quiet moment,  
Still before your throne,  
Conscious of your Presence,  
Knowing I am yours.  
In this quiet moment,  
Set my spirit free,  
In this quiet moment,  
In this quiet moment,  
Make me a better me."*

Ivor Bosanko

*inhale*  
**breath  
prayer**  
*exhale*

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## A METHOD FOR CREATING A BREATH PRAYER

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It goes without saying that life can get complicated. We start out to complete a seemingly simple task and we unearth layers of steps that must be taken to get the task done correctly. This can be true whether it is a home-improvement project, organizing a family get-together, or rearranging our schedules to take on an added responsibility. These examples may have you whispering to yourself, “Why does life have to be so complicated?” Sometimes these extra hurdles, whether willingly added or unforeseen, suck the life out of the project.

Unfortunately, this mindset can creep its way into our prayer life. Richard Foster begins his modern classic, Prayer, The Heart’s True Home with a chapter entitled “Simple Prayer”.

*“Whenever we get entangled with concerns about having ‘pure motives’ or the ‘right words’, or the proper ‘technique’ in our prayer, it is inhibiting to our relationship with God. True prayer is about being ourselves before God. It is about being in such a relationship with him that we can freely open up our lives, needs, desire to him, right where we are...How do we practice Simple Prayer?...Where do we begin? Very simply, we begin right where we are: in our families, on our jobs, with our neighbors and friends. Now I wish this didn’t sound so trivial, because, on the practical level of knowing God, it is the most profound truth we will ever hear. To believe that God can reach us and bless us in the ordinary junctures of daily life is the stuff of life...The only place where God can bless is us right where we are, because that is the only place where we are!”*

If you are finding it hard to concentrate on the Lord during prayer time or any time of the day, a breath prayer may be the answer to your crowded thoughts or flighty emotions. A breath prayer is a straightforward sentence that God leads you to create to help you center your heart, mind and soul on Him.

**Reflect and journal on the following** (Excerpts from *The Breath of Life: A Simple Way To Pray*, by Don DelBene)

Sit for a moment in silence and remember that God holds you in a loving presence. You may want to close your eyes and recall the words, “*Be still, and know that I am God.*” (Psalm 46:10) or “*Whatever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.*” (Matthew 6:6)

Listen as God calls you by name and asks: “(Your name), what do you want?”

Answer the Lord simply, directly. Write down your answer. You may write several responses if you have several answers.

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Select a name of your choosing for the Divine.

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Combine your desire and name into a six-to-eight-syllable prayer such as “*Jesus, teach me how to love*” or “*More of you, Lord, less of me.*”

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Once you have completed your Breath Prayer fill it in on the attached bookmark and detach.

