

Breathe a Prayer

Prayer Starters for When You Need to Exhale

Years ago, I heard the quote, "Prayer isn't the preparation for the work. It *is* the work." For a consummate do-er, that's a hard truth to live out, but if we truly want to move from running-on-empty to spent-and-content we need change fueled by Jesus. We need to be Divinely empowered. Prayer is our work.

Breath prayers are an ancient practice of simple prayer. Each one begins with a name of God followed by a cry of the heart. One famous breath prayer is "Lord, have mercy." This prayer is also called the "Jesus Prayer" and is rooted in Psalm 123:3, Luke 18:13, and Luke 18:38. We adore how breath prayers are simple, allowing us to exhale, but built upon the foundation of Scriptural truth.

Cheri and I have created some for you based on the sections of the book, but after you practice, we encourage you to create some of your own for continuous prayer at the rate of your breath. Inhale the presence of the God who is with you, and exhale a prayer.

Lose Who You're Not

Father, hold me. (Chapter 4)

Jesus, I follow You. (Chapter 5)

Holy Spirit, empower me. (Chapter 1)

Add the cries of your heart:



Love Who You Are

Father, flow through Your gifts. (Chapter 10)

Jesus, call me close. (Chapter 13)

Holy Spirit, train me. (Chapter 9)

Add the cries of your heart:

Live Your One Life Well

Father, make me fully alive. (Chapter 15)

Jesus, make me a seed sender. (Chapter 18)

Holy Spirit, restore me. (Chapter 17)

Add the cries of your heart: