

Breath prayer is an ancient contemplative practice that reminds us that prayer and communing with God is just as important to us as our next breath. It is a wonderful tool to bring prayer into the everyday, busy moments of our lives.

1. Sit, relax and focus on Jesus

2. Pick a name for Jesus that resonates right now for you (for example, King)

3. Reflect on a small, one sentence prayer that reflects your heart desire to grow closer to Jesus (for example, I give you my life)

As you breathe in, say your name for Jesus and as you breathe out, say your prayer. Simple as that!

We encourage you to use this prayer to centre you during your day, but also try starting your day each morning with this too.

