“Prayer of the Heart”
Scripture: 1 Thessalonians 5:16-18, 2 Peter 1:3-4

Breathing is an unconscious thing. Breath prayers remind us that every breath is a gift from God and God’s Spirit is nearer to us than our own breath. Acts 17:28 “For in him we live and move and have our being...” This is one way to live out the instruction to “pray without ceasing.”

Breath prayers are short prayers of love and desire. To pray a Breath Prayer, repeat a simple one sentence prayer that begins with a Biblical name of God that is meaningful to you followed by a word or phrase that expresses the desire of your heart. Connect the prayer to your breathing. Return it throughout the day until it becomes a reflex - as natural as breathing. Breath prayers can be short prayers of love and desire.

Examples of breath prayers:
- “Abba, I belong to you”
- “Healer, speak the word and I shall be healed.”
- “Jesus, have mercy on me.”
- “My soul glorifies the Lord.”

Practice Breath Prayers

1. **Sit in silence.** Bend your head and close your eyes. Ponder the nearness of God. Settle into the truth that Christ is in you.
2. **Breathe softly.**
3. **Deeply breath in,** repeating any name of God that is dear to you. (Some samples are listed below)
4. **As you exhale,** voice a deep desire of your heart.
5. **Repeat the prayer** over and over throughout the day until it becomes a natural response for you.

Some names of God you can try:
Abba, Father, Creator, Deliverer, Defender, Emmanuel, Healer, I Am, Jehovah, King, Lamb of God, Light of the World, Majesty, Morning Star, Redeemer, Refuge, Savior, Teacher, Yahweh

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