**Breath Prayer:**

A breath prayer is a short phrase taken from a favorite bible verse or holy intention. The prayer is short enough to remember and pray often throughout the day. This is way to pray without ceasing as the bible commends us to. It is called a breath prayer because you should be able to say it as you breathe in and then out. An example of a prayer of intention would be something you desire to grow towards, such as: breath in as you say aloud or silently “fill me with your love” and as you breathe out “that I may love others”. To pray with scripture, take a brief phrase from scripture that is meaningful for you. As you breath in say half the verse and the other half as you exhale. With an in breath, “I was made for” and with your exhalation “such a time as this” from Esther as an example.

A breath prayer is as individual as you are. Pray it when, where and how you want. The focus and intent is to be in prayer as we go about our day in times when longer, more structured times are not possible.

Website:

* <https://www.christianitytoday.com/women-leaders/2018/february/take-time-for-breath-prayer.html?paging=off>