

A TOOL FOR
S I L E N C E
AND SOLITUDE

B R E A T H P R A Y E R S

HISTORY: Church history records the use of breath prayers as early as the 3rd Century A.D. One of the earliest breath prayers was known as the “Jesus Prayer” or “Prayer of the Heart.” This prayer was drawn from Mark 10:46-52, where Jesus encounters a blind man named Bartimaeus who was begging by the side of the road. These ancient believers used the words of Bartimaeus, “Jesus Christ, son of God, have mercy on me,” to express their longing for union with and dependency on Jesus.

SIGNIFICANCE OF BREATH: There is an inescapable connection in the Bible between the Spirit of God and breath. In the Old Testament (which was originally written in Hebrew), the word for breath is ruach. In the New Testament (which was originally written in Greek), the word for breath is pneuma. In both instances, these ancient words can also be translated “wind” and/or “spirit.” From Genesis to Revelation, we see a connection between our breath and God’s spirit.

Since humans are breathing all the time, followers of Jesus across the centuries have used breath prayers to experience calm and spiritual awareness of God’s power and presence in their lives.



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EXPERIMENTING WITH BREATH PRAYERS:

As you practice silence, you can combat distractions by repeating a breath prayer.

Throughout history, the church has used breath prayers to refocus and recenter their affections on the Father, Son, and Holy Spirit.

The idea is to have a prayer you can repeat in the span of a breath. Try one of the following:

INHALE: Lord, open my heart
EXHALE: to trust your **love**.
(Romans 8:31-39)

INHALE: Lord, open my heart
EXHALE: to trust your **leadership**.
(Matthew 6:33)

INHALE: Lord, open my heart
EXHALE: to trust your **promises**.
(Psalm 145:13)

INHALE: Lord, open my heart
EXHALE: to trust your **plans**.
(Jeremiah 29:11-13)

INHALE: Lord, open my heart
EXHALE: to trust your **forgiveness**.
(Psalm 103:1-5)

INHALE: Lord, open my heart
EXHALE: to trust your **commands**.
(Psalm 1:1-3)

INHALE: Lord, open my heart
EXHALE: to trust your **timing**.
(Proverbs 16:9)

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