

BREATH PRAYER

Ask the Lord for a simple word or phrase that encapsulates his invitation to you at this moment of your life. It may be a verse, a snippet of a song, something has said to you recently, or something entirely new from God.

Once God has spoken this word or phrase to you, commit to saying it to yourself throughout the day, during your morning routine, as you go to work or spend time with your family, as you do your household chores, drive your kids places, hang out with your friends, go on a date, brush your teeth. (You get the idea.)

As you spend time with the prayer, be aware of how its meanings deepen and change. What happens if you emphasize one word instead of another? How is the prayer beginning to make itself known in different aspects of your life? Notice how God is changing you through the prayer.

Stay with the same prayer, even when you may experience boredom or resistance, until you sense God inviting you into something new.