

SPIRITUAL DISCIPLINES

BREATHE A PRAYER

Purpose and Objectives

- Quieting my brain with GOD focus.
- Connect with GOD through practice of deep breathing and meditation.
- Practice Breathe a Prayer two times a day.

Exercise

1. Sit or stand in supported body position.
2. Close your mouth, breathe deeply from your nose.
3. Pause and repeat a Scripture you choose.
Ex: "When I am afraid..." (Psalm 56:3)
4. Exhale slowly through pursed lips and repeat a Scripture,
"I will trust in You, oh LORD." (Psalm 56:3)
5. Repeat two times and then take two regular breaths. Continue for five minutes or longer until calm.

Resources: Favorite Breath Prayers from the Bible

Here are a few of the Breath Prayers from the Bible that have been most helpful to people. Each includes a suggested breathing rhythm for you to try. (All verses are NIV84 unless indicated otherwise.)

Listen to God

"Speak Lord, for your servant hears..." (1 Samuel 3:9 & 10, NKJV).

Try it this way: Ask God a question. Then breathe in your longing for God's guidance... Breathe out stress and hurry.

Psalm 23

"The Lord is my Shepherd... I shall not want" (Psalm 23:1, KJV).

Try it this way: Breathe in to entrust yourself to Jesus... Breathe out to let go of wanting _____.

Cease Striving

"Know that Jesus is Lord... Cease striving" (Based on Psalm 46:10, NASB).

Try it this way: Breathe in to seek the Lord Jesus... Breathe out to cease striving about _____.

Rest in Christ

"In Christ alone my soul finds rest... *Selah*" (Based on Psalm 62:1, 5).

Try it this way: Breathe in the peace of Christ... Breathe out worry, fear, anger, guilt, or shame.

Abba Prayer

"Abba, I belong to you..." (Brennan Manning's prayer based on Romans 8:15).

Try it this way: Breathe in your longing for Abba... Breathe out insecurity to rest in his arms.

Trust the Spirit's Guidance

"Live by the Spirit... Keep in step with the Spirit" (Galatians 5:25).

Try it this way: As you're walking, breathe in to trust the Spirit of Christ... Breathe out to follow his lead.

Source: <https://www.soulshpherd.org/breath-prayers-from-the-bible/>

091320

CONNECTING WITH GOD INTERACTIVE APPRECIATION Three Hour Seminar

Purpose and Objectives

Our purpose for the next three hours is to provide training in how to connect with God all day and every day. We will be using two Books,

1. **Joyful Journey Listening to Emmanuel** by E. James Wilder and others.
2. **Connecting with God Manual** that we put together to help us with objectives of the class.

The class will be small bites of information about new concepts and methods for connecting with God. It will be maybe half-and-half, knowledge and practice. Thank you too Ariel Roberts and Pastor Valerie Roberts for inviting us to come to bring you some ideas about how we can communicate with God better and have a closer, more intimate walk with HIM.

There are several reasons for connecting with GOD.

- The first reason is that God wants us to know HIM. A recent survey of several nations reported that the United States people were the most anxious, most fearful, and the most angry of all the other nations. It was our younger half of the population from 17 to 50 that was the most angry, anxious and fearful. Nancy DeMoss Wolgemuth, in a DVD series on **You Can Trust GOD to Write Your Story** said that she thinks it's because we don't "know" God. We don't know his love; we don't know his power; we don't know HIS mercy and grace. We don't know how he cares for us in the tiniest details. We just don't know him. He wants us to know him.
- The second reason is that we need his guidance and friendship which develops as we check in with him throughout our day.
- Other reasons are we need healing for emotional wounds, we need character building and community building as we interact with God and with each other.

At the end of these 3 hours we expect that you will:

- Know three ways to prepare to connect with GOD.
- Know three hindrances to connecting with GOD.
- Know how to recognize GODs presence and communication with you.
- Know new vocabulary words including interactive gratitude, attunement and Immanual Journaling.
- Use gratitude and appreciation to help you connect with GOD and receive communication from HIM.
- You will quiet your soul through Breath A Prayer and Appreciation.
- You will have two or more Connecting with GOD stories to share with others.