



“Breath of Life” Spiritual Teaching Encouragement #1 (4/2018)

On Good Friday, I reflected on Jesus’ Crucifixion **Breath Prayers**. Those uttered **Prayers** revealed questioning, thirsting, forgiving, redeeming, and loving. Jesus’s last **Breath Prayer**, “Father, into Your hands, I commend My Spirit.” reminds me once again, that my **Breath and Spirit** is from God alone.

Easter Sunday, I celebrated God’s gift of Eternal Life. As Jesus was “**Breathed** back to Life” by God, He **Breathes** His Eternal Life into me. In my daily life, I’m asking to God to fill me with “Life that Breathes with His Spirit”.

Do you feel God’s **breath** each day?

Sisters, in anticipation of continuing (or beginning) **Breath Prayers**, I’m asking you to:

- State an awareness about this practice and share it with your prayer partner.
- Ask your Sister to support you in going deeper with intentional breathing/praying.
- Share your request prayer request(s) so you can be Grounded in Mission.

I encourage you to take the time to listen to and reflect on the words in “**Breathe**” by Johnny Diaz <https://youtu.be/hnjeMwxFuBA>, allowing the Holy Spirit to Breathe His Life in you, despite the chaos of life. I pray that you’ll be strengthened by God’s **Breath**.

“Jesus, My Savior.....Breathe on me!” “Holy Spirit....Breathe Your Life into my Spirit.”

Job 33:4 - “The Spirit of God has made me, the breath of the Almighty gives me life.”



“Breath of Life” Spiritual Teaching Encouragement #2 (4/2018)

Genesis 2:7 “The Lord God formed man from the dust of the ground and breathed into his nostrils the **Breath of Life**, and the man became a living being.”

John 20:22 ... “Jesus breathed on them and said”, “Receive the Holy Spirit.”

As I read and meditate on these “**breath**” scriptures, I envision a scene for each verse. To me, they are like sacred paintings displayed in a Chapel, where I stand and reflect. In my God-given imagination, I picture God the Father, Jesus the Son and the Holy Spirit each breathing “His life and His spirit”, breathing into and through me! At times, my **Breath Prayers** come so easy, but my **breath prayers** can be easily forgotten! *Why Lord? I don't want to be unconscious and automatic!* However, as I pray Scriptures, the message goes deeper into my Life Spirit, “inhaling and exhaling God”.

How do these verses speak to you? What images come to your mind? What Truths?

Sisters, in our final week prior to staffing in Estes Park, I want to encourage you to be intentional and in mission with your **Breath Prayers**. Ground yourself for the tasks ahead with scriptures, prayers, songs, and images to remind you to breathe God's work.

Share with your accountability partner what you need from God, to be able to serve .

*Prayerfully listen to Francesca Battistelli sing: “*Holy Spirit You are Welcome Here*”
<https://youtu.be/UvBBC7-PSHo> *I love to sing this song as a **Breath Prayer**, as a promise of His Breath & Life each day.

“My Father, who is in Heaven.....Holy is Your Name!” Amen.



“Breath of Life” Spiritual Teaching Encouragement #3 (4/2018)

Pre-Staff Meeting for CO Weekend - April 2018

Theme: BREATH of Life

Theme Verse: Job 33:4 (Opening Breath Prayer) “Holy Spirit...Breathe on us.” **Supporting Breath Scriptures (NIV translation)**

Genesis 2:7 “The Lord God formed man from the dust of the ground and breathed into his nostrils the **Breath of Life**, and the man became a living being.”

John 20:22...Jesus breathed on them (his disciples) and said **Receive the Holy Spirit.**”

Acts 17:25 “And He is not served by human hands as if He needed anything, because He Himself gives all men life and breath and everything else.

“Since last summer, I’ve taken long walks in different parks. It’s my quiet time with God...to pray, praise, and to listen to His voice. But, when Fall slammed into Winter, I tried to bargain with God listing many reasons for me to stay inside. Yet His voice urged me to go out and to be open. Like a pouting child, I reluctantly obeyed. Bundled up against the bitter cold winds, I pushed through each step. But, as I released this ordeal to God, His Presence was overwhelming. Looking Heavenward, I opened my heart and soul, worshiping and praising my Creator.

I breathed in deeply, feeling the chilly air in my nose and throat. **BREATHE.** God began to reveal a new awareness of my breath: God-given breath in my Life! God’s breath in me was not just the gift of my Physical life, but His Eternal gift of my Spiritual Life, God-breathed Life!

When I shared my story, a wise Sister introduced me to ***Breath Prayers**; prayers that flow with the natural rhythms of breathing; inhaling a name or character of God and exhaling a praise, request or promise. Each day, I began my **Breath Prayers, praying from my heart.**

I inhaled”Almighty Father “Jesus, Lamb of God” “The Lord is my Shepherd”

Resonating deeply in my soul was **Job 33:4** “**The Spirit of God has made me, the breath of the Almighty gives me life.**

Sisters, I’m inviting you to practice **Breath Prayers.**



Ground yourself. Get comfortable. Close your eyes, and take deep breaths. Become aware of your breathing rhythms. **Breathe in** the gift of Life God's given you, and the Blessings He's given to your Beautiful Soul and exhale...."You are my Rock." "Thank you for saving me!"..... " Help me rest in You."

*Is there a struggle or burden you're carrying? What Character/Name of God are you drawn to, right now? What scripture phrase/verse may be coming to mind? **Breathe it in.***

As you **Breathe out**, state a *praise, request, or a part of your verse/truth*. Practice **breathing in** and **out** your Heart prayer, in this quiet time with God. @ 1 minute

- Reminder: "Breathe in deeplyBreathe out slowly. You're in God's presence." In anticipation of our Spiritual Work, this week practice focusing on the LORD through your **Breath Prayers**. Pray each morning, or anytime you're aware that **God's Breath** is in you! Share your **Breath Prayers** with your prayer partner, accepting God's grace in this practice.

As a WWWC, ground your **Breath Prayers** in God's unconditional love. Exchange your reflections of being present and in the presence of the Lord, as you **breathe!**

Pray or praise this song: "*This is the Air I Breathe*" https://youtu.be/4gs_qICWrPk

(Closing Breath Prayer) "Loving Father....Thank you for Life-Giving breath." Joan Munro

* Spiritual Disciplines Handbook: Practices that Transform Us by Adele Ahlberg Calhoun (Revised and expanded 2015 ed.), pp. 232-234. Intervarsity Press www.ivpress.com