

**Discovering Your Breath Prayer**  
*From Into the Light* by Ron Delbene

**Step 1:** Sit comfortably and be calm and quiet. Close your eyes and remind yourself that you are in God's loving presence. Recall a passage from scripture that places you in the proper frame of mind. i.e. "Be still and know that I am God." (Psalm 46:10)

**Step 2:** With eyes still closed, imagine that God is calling you by name. Hear God asking you: (Your Name,) what do you want?"

**Step 3:** Answer God directly with whatever comes honestly from your heart. Your answer may be no more than a single word, such as peace, love or forgiveness or "I want to understand your love." Whatever your response, it will be at the heart of your prayer.

**Step 4:** Choose your favorite name for God. (Choices people commonly make include God, Jesus, Christ, Lord, Spirit, Shepherd, Creator, Companion.) "Who" is God to you in this moment?

**Step 5:** Combine your name for God with your answer to God's questions of "What do you want?" and you have your prayer. For example:

Name I call God	What I want	Possible Prayer
God	Peace	God bring me peace
Jesus	Love	Jesus let me feel your love
Shepherd	Shepherd	My Shepherd, I rest in You
<i>(Breathing In)</i>	<i>(Breathing out)</i>	

What do you do if several ideas occur? It is helpful to write down the various possibilities and then eliminate and/or combine ideas until you have focused your prayer. You may *want* many things, but you can narrow your wants down to specific needs that are basic to your spiritual well- being. Thus, the question you must ask yourself is "What do I want that will make me feel most whole?" When you achieve this feeling of wholeness, serenity flows to all parts of your life.

Once you get at the heart of your needs, search for words that give them expression. Then work with the words until you have a prayer of six to eight syllables that flow smoothly when spoken aloud and when expressed silently as heart-thoughts.

Some prayers are most rhythmic when God's name is placed at the beginning. Other prayers require it at the end. When your prayer seems right for you, use it repeatedly through the day. Your prayer and the ones you will lead others to discover-help answer scripture's call to pray unceasingly.

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