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Breath Prayer

When Bartimaeus heard that it was Jesus of Nazareth, he began to shout, “Jesus, Son of David, have mercy on me!” . . . Jesus stopped and said, “Call him.” So they called to the blind man, “Cheer up! On your feet! He’s calling you.” Throwing his cloak aside, he jumped to his feet and came to Jesus. “What do you want me to do for you?” Jesus asked him... [Mark 10:46-52]

Breath Prayer or Prayer of the Heart

To create a breath prayer:

1. Choose your favorite or most natural name for God.
2. Allow Jesus to ask you: “What do you want me to do for you?”
What do you desire from Jesus?
3. Combine your name for God with your desire. Form a breath prayer that flows smoothly, breathing in God’s name and breathing out your desire.

Examples:

- o Lord Jesus, have mercy on me.
- o Heavenly Father, let me feel your love.
- o Eternal Light, guide me in your way.
- o Abba, I belong to you.
- o Lord, be thou my love.
- o Holy one, keep me true.
- o Jesus, I want to see.
- o Breath of God, fill me.

The most well-known breath prayer is what is called the **Jesus Prayer**:

- Breath in: Lord Jesus Christ, Son of God
- Breath out: Have mercy on me a sinner

May your breath prayer companion your heart, and remind you that God is as close as your breath...

I have made you known to them, and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them. – John 17:26