

BREATH PRAYER | *Holy Spirit Come*

From time to time, we have experimented with Breath prayer. If you have never been able to be a part of that experience, breath prayer is a spiritual practice that historically the church has used as a way of aligning our patterns of breathing with simple words or phrases. It's been used as a way to grow in the biblical encouragement to 'pray without ceasing.'

For some of us, slowing down and reflecting on just a phrase or two is life-giving, but for others, of course this can be challenging. But still I invite you to sink into this experience as best you can, as we continue to learn how to strengthen our spiritual muscles (so to speak).

Specifically, we are going to focus in on a phrase that invites us to reflect on the activity of the Spirit in our lives. *Holy Spirit Come.*

To help us prepare to stay focused for these next few minutes, I invite you to get really comfortable, wherever you're sitting. First and foremost, make sure you don't have anything in your hands. If you do, place it on a table or maybe the floor beside you. And if it's helpful, you may even want to take your phone out of your pocket and place it away from you as well, just for these next few minutes.

Sit as upright as you can, preferably with both feet on the floor, and you might want to place your hands on your knees or just rest them folded on your lap; some comfortable position that you can sustain.

Now I invite you to close your eyes.

Holy Spirit Come

When we say these words, it isn't because the Spirit isn't already present. In fact, Scripture reminds us that God is present anywhere and everywhere at any moment through the Spirit. When we say the word 'come,' what we're really doing, is asking for a growing awareness of the ways that the Spirit is already moving and active. As you continue to breathe, be reminded that God's Spirit is everywhere, filling all things.

Holy Spirit Come

Breathe in, breathe out.

As you breathe, consider the fact that right now, God is closer than you can imagine. Closer than any relationship you've ever experienced, closer than the chair you may be sitting on, closer even than your own skin.

Holy Spirit Come

Breathe in, breathe out.

As you take deep breaths, reflect back on the last week. Where are the places you have seen evidence of the Spirit's work? Has it been in the kindness of a stranger? In the beauty of a piece of art? What about in the ways that you have heard or felt the challenging or encouraging voice of God?

Holy Spirit Come

Breathe in, breathe out.

Take this moment to simply sit in the presence of God and acknowledge his work all around you. Let this phrase become your 'yes' to acknowledge the presence of his goodness and faithfulness in your life.

Holy Spirit Come

Breathe in, breathe out.

Now consider the ways that the presence of the Spirit is harder to see. In what way does God feel far from you? Where have you been longing for joy, abundance and faithfulness but have yet to see evidence of his work? Reflect on that, allow yourself to mourn for the ways in which you don't (yet) feel God's presence in our world.

Holy Spirit Come

Breathe in, breathe out.

As you continue to breathe, I invite you to take these words and make them your prayer. In these moments of stillness, allow this phrase to become your longing to see the presence of the Holy Spirit invade the world - to fill every corner of every room - to be visible in every relationship.

Holy Spirit Come

Breathe in, breathe out.

Holy Spirit Come

Breathe in, breathe out.

Holy Spirit Come