

“Do not merely listen to the word, and so deceive yourselves. Do what it says.” – James 1:22

DAILY SPIRITUAL PRACTICES

Monday – Daily Spiritual Practice: What Are You Breathing In?

This week we are going to invite you to engage deeply in the practice of Breath Prayer, with a different Breath Prayer prompt each morning. Although breathing is something we do all day every day – usually without even thinking about it – our own breath moving in and out of our lungs can also become a profound place of encounter with God. If that seems a new or strange thought to you, we invite you to click on the video below, and begin this week’s journey with an open heart and mind!

The video itself is only 4 minutes long, but see how long you can extend the practice on your own once the video has ended – 2 more minutes? 5? 10?

[Click Here](#) for a Breath Prayer practice: Ruach

Tuesday – Daily Spiritual Practice: Do You Feel Surrounded?

This week our daily spiritual practices are focusing on the art of Breath Prayer. This morning we invite you to consider the day ahead of you. What is your heart expectation as you head into the moments ahead? Do you feel surrounded by pressure and demands? Or by the presence and delight of Christ?

Take a few minutes to centre yourself with the Breath Prayer practice below right now. Perhaps even consider re-visiting the practice a few more times throughout your day – at your lunch break, on the drive home from work, during a walk in the evening. Practice more than once and let the experience deepen in you.

[Click Here](#) for a Breath Prayer practice: Christ Be All Around Me

Wednesday – Daily Spiritual Practice: Who’s Doing The Work Here Anyway?

Have you ever thought about the way that breathing happens in you? Do you do actually the conscious work of breathing, or does your body do it on its own? And what does the answer to that question have to do with the rest of your life?

To play with these ideas and more, we invite you into the Breath Prayer practice below. The video will get you started, but then continue on in the practice on your own for as long as you’re able, nurturing your ability to sense God’s deep and abiding presence within you more and more.

[Click Here](#) for a Breath Prayer practice: Does Breathing Happen To You?

Thursday – Daily Spiritual Practice: Is Your Soul Craving Stillness?

Our days and lives are often filled with all kinds of noise and commotion – both internal and external! This reality tends to deaden us to the awareness of both God’s closeness and goodness. Today we invite you to re-align your soul with the truth that God is both very good and very close, and that this is actually enough for us to live in deep and tangible peace, no matter what life sends our way, with a Breath Prayer based out of Psalm 46:10 – Be still and know that I am God.

[Click Here](#) for a Breath Prayer practice: Be Still And Know

Friday – Daily Spiritual Practice: What Do You Need To Breathe In, Today?

All week long we have been engaging in the practice of Breath Prayer. Today, rather than sending you another guided resource, we simply invite you to create your own Breath Prayer practice.

What do you need to most breathe “in” today?
And is there anything you need to breathe “out”?

Create a simple phrase or two which you can easily focus on with each in-breath and out-breath, find a quiet space, and practice your very own Breath Prayer in the presence of the God who loves you more than you can possibly comprehend.