

PRAYER TECHNIQUE

PRAYING WITH YOUR BREATHING

*Taken from the book "You Can Pray" of P. Ribes, s.j.
published by the Gujarat Sahitya Prakas.*

Note:

Prayer techniques, properly speaking, are not prayer methods, but practical devices to help us either to pray alone or to help people to pray in a group.

Introduction:

- ✓ One way of coming closer to God is to focus on our breathing.
- ✓ Scripture tells us that our bodies are sacred and that God dwells in them.
- ✓ (Ro 8/9) "In fact, God's Spirit lives in you" (Ro 8/14-15) "Those who are led by God's Spirit are God's sons...The Spirit make you God's sons and by the power of the Spirit we cry to God 'Abba - my Father'".
- ✓ By focusing on our breathing we become aware that God is within us and that He is present in all our thoughts, feelings and actions.

Procedure:

- Quiet down. Relax. Relation exercises may help.
- Invoke the help of the Holy Spirit.
- Keep in an upright and attentive position.
- As you move into prayer become aware of your body.
- Become present to it and to the fact that God's Spirit is praying within you
- Be aware of your breathing.
- For a while, breathe in and out, slowly and rhythmically.
- Be aware that every time you breathe in, you are breathing life, breathing God in.
- And every time you breathe out, you are surrendering your life to God.
- Continue this conscious "spiritual" breathing for a while till you feel satisfied
- At the end of your prayer time recite an "Our Father" and a "Glory be" or another prayer that inspires you.
- You may close down your exercise by reciting or singing an appropriate hymn, like:
 - The Spirit of the Lord is upon me
 - Spirit of the Living God.
 - Come Holy Spirit, I need thee.
 - Spirit of God in the clear running water.