**Breath Prayer**

Are you feeling at the mercy of ‘life’ these days? Tossed by the waves, not sure which way is up? Why not take a few minutes to centre yourself and re-align with God’s steadying presence in the waves through the practice of Breath Prayer.

[Click Here](https://www.youtube.com/watch?v=kqFIBBhZSbM) to engage in the practice from Sunday – **“Does Breathing Happen To You?”**

**Breathing Tears**

Today we invite you to join Jesus in weeping at the graveside of so many broken things in this world, through the practice of breath prayer.

Where are you hurting? Where is the world hurting? How might Jesus help you learn how to breathe through those tears with healing and hope?

[Click Here](https://www.youtube.com/watch?v=ZNse33YYlhg&list=PLMlOAFUmG-JlnMnN6H_g8nb8jZeopFDPa&index=6&t=7s) for a 9-minute Breath Prayer experience: **Jesus Wept**

 **Breath Prayer**

When you want to describe the characteristics of God, what is the first thing that comes to mind? When you talk about the presence of God in your life, what feelings surface? How high up on your list is Prince of Peace? Is peace an attribute you feel often in your daily life?

[Click Here](https://www.youtube.com/watch?v=pvZwLK5XY3g) for a guided breath prayer experience to help centre you in the presence of the Prince of Peace.

**Breath Prayer**

Do you hold onto shame and guilt when it comes to spending time with God? Do you find it daunting to “do it” right? Is your inner critic harsh when it comes to comparison?

Today, as you engage in [this breath prayer](https://www.youtube.com/watch?v=qj9EtucDQgU), allow yourself to be present with your feelings and also give yourself grace. Allow your body and mind to settle and simply “be”.

**Breath Prayer**

Do you find it easy to sit in the presence of the Holy Spirit? Does the silence become increasingly loud or does it feel natural to be still?

Wherever you find yourself on the spectrum today we want to invite you to seek the presence of the Holy Spirit today and see what stirs up in you.

[Click here](https://www.youtube.com/watch?v=EhN983QxuiM) to be led through a breath prayer: Holy Spirit Come