

Spiritual Practice: Breath Prayers for Stillness

In order to get in touch with the God of all creation we must be still. As followers of the Way of Jesus we want our lives, choices, and actions to spring from our rootedness in God, and from the love of God which expands our hearts and minds. Pray one of the following prayers one or multiple times each day, moving into a period of silence:

- Lord, come to me. My door is open.
- Into your hands I commend my spirit.
- God, I wait for your healing, your peace, and your Word.
- Let not your heart be troubled, neither let it be afraid.
- God of creation, heal and renew me and your earth.

Revised version. The original may be found in Lyn Klug, Ed., All Will Be Well: A Gathering of Healing Prayer.