This breath prayer is designed to be spoken, heard, or meditated on within a single breath.

The practice of breath prayer dates back to the third and fourth centuries, when the Desert Fathers and Mothers sought to fulfill the call to "pray without ceasing" (1 Thessalonians 5:17, NRSV).

Today, breath prayers continue to help people calm their hearts, minds, and souls, offering a simple way to connect with God—especially in times of anxiety or grief.

The bolded words can be spoken together. As the group breathes in and out, a single voice may complete each phrase.

<u>Lent 1: Soul Food: All the Things that Nourish Us.</u>

Inhale: **S**ustain us in your steadfast love.

Exhale: **O**pen us to what truly nourishes.

Inhale: **U**nite us in body, mind, and soul.

Exhale: **L**ead us to trust in your care.

Inhale: **F**eed us with your Spirit.

Exhale: **O**ver us pour restoring love.

Inhale: **O**ffer us a deeper hunger for you.

Exhale: **D**irect us to share your gifts.

Lent 2: Soul Shelter: Nourished by a Safe Home (for everyone)

Inhale: **S**ustain us with your refuge.

Exhale: **O**pen us to those in need.

Inhale: **U**nite us in welcoming love.

Exhale: **L**ead us to build a sanctuary for all.

Inhale: **F**eed us with compassion.

Exhale: **O**ver us spread your peace

Inhale: **O**ffer us wisdom to heal.

Exhale: **D**irect us as agents of care.

Lent 3: Soul Rest: Nourished by Patience and Slowness

Inhale: **S**ustain us in the stillness.

Exhale: **O**pen us to your timing.

Inhale: **U**nite us in patient trust.

Exhale: **L**ead us to beside quiet waters.

Inhale: **F**eed us with calm.

Exhale: **O**ver us, breathe deep rest.

Inhale: **O**ffer us release from striving.

Exhale: **D**irect us in your rhythms of grace.

Lent 4: Soul Repair: Nourished by Unconditional Love and Forgiveness

Inhale: **S**ustain us in your mercy.

Exhale: **O**pen us to transforming grace.

Inhale: **U**nite us in understanding.

Exhale: **L**ead us to wholeness.

Inhale: **F**eed us with renewal.

Exhale: **O**ver us pour out forgiveness.

Inhale: **O**ffer us courage to restore.

Exhale: **D**irect us with your love.

Lent 5: Soul Mates: Nourished by Companionship

Inhale: **S**ustain us in friendship.

Exhale: **O**pen us to deeper connections.

Inhale: **U**nite us in trust.

Exhale: **L**ead us to the lonely.

Inhale: **F**eed us with community.

Exhale: **O**ver us pour faithful love.

Inhale: **O**ffer us grace to uplift.

Exhale: **D**irect us with compassion and care.

Palm Sunday: Soul Songs: Nourished by Music from the Heart

Inhale: **S**ustain us with salvation's song.

Exhale: **O**pen us to awe and wonder.

Inhale: **U**nite us in joyful praise.

Exhale: **L**ead us to sing "Hosanna".

Inhale: **F**eed us with heaven's harmonies

Exhale: **O**ver us pour out love divine.

Inhale: **O**ffer us voices that speak your truth.

Exhale: **D**irect us to live your kingdom ways.

Good Friday: Soul Support: Nourished by Each Other when Times are Tough

Inhale: **S**ustain us in times of suffering.

Exhale: **O**pen us to give and receive.

Inhale: **U**nite us in shared burdens.

Exhale: **L**ead us to your cross.

Inhale: **F**eed us with compassion

Exhale: **O**ver us pour comfort

Inhale: **O**ffer us hope in sorrow

Exhale: **D**irect us as lights in darkness.

Easter: Soul Stories: So Well Nourished that We Have to Share it

Inhale: **S**ustain us in resurrection joy.

Exhale: **O**pen us to tell your story.

Inhale: **U**nite us in new life.

Exhale: **L**ead us as your witnesses.

Inhale: **F**eed us with Good News.

Exhale: **O**ver us shine your eternal light.

Inhale: **O**ffer us words that spread our hope.

Exhale: **D**irect us to share your kingdom feast.

Collected from each week

Inhale: **S**ustain us in your steadfast love.

Exhale: **O**pen us to those in need.

Inhale: **U**nite us in patient trust.

Exhale: **L**ead us to wholeness.

Inhale: **F**eed us with community.

Exhale: **O**ver us pour out love divine

Inhale: **O**ffer us hope in sorrow

Exhale: **D**irect us to share your feast with others.