

# Breath of God

A practice of creating space for God wherever you are

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## BIBLE PASSAGE

*Isaiah 42:5 "Thus says God, the Lord...who gives breath to the people upon it and spirit to those who walk in it:"*

**Read Isaiah 42:5-9.**  
(NRSV translation of text found on back of page)

## BREATHING EXERCISE

Whistle Breath:

Inhale slowly through your nose; purse your lips like you are going to whistle and then slowly exhale through your mouth. Repeat 3 to 6 times. See how long you can draw out the exhale.

## BREATH PRAYER

*(Breath in)* I am called

*(Breath out)* to walk humbly with God

## STILLNESS MEDITATION

Single Focus:  
find a comfortable seated position; close your eyes and pick one sentence, thought, or idea to focus on (or you can focus on your breath). As your mind wanders, gently bring your focus back. It doesn't matter how many times your mind wanders; just keep bringing it back to the item of your focus.

## MOVEMENT MEDITATION

Walking meditation:  
take a few minutes to walk slowly and intentionally; feeling the weight of your body shift as you take each step. Throughout the week, walk on different surfaces or with different shoes, socks, or barefoot.

*(See the back page for an optional addition to this meditation.)*

## MOVEMENT MEDITATION OPTIONAL ADDITION

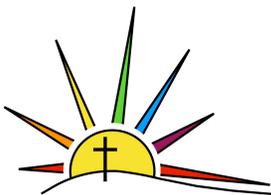
Add a mantra as you walk, saying one phrase to yourself with each step you take, such as:

I am called  
to do justice  
love kindness, and  
walk humbly with God  
(Micah 6:8)

I am here.  
Nowhere else to be.  
I am loved.  
I share God's love with  
others.

## Isaiah 42:5-9

Thus says God, the Lord,  
who created the heavens and stretched them out,  
who spread out the earth and what comes from it,  
who gives breath to the people upon it  
and spirit to those who walk in it:  
I am the Lord, I have called you in righteousness,  
I have taken you by the hand and kept you;  
I have given you as a covenant to the people,[a]  
a light to the nations,  
to open the eyes that are blind,  
to bring out the prisoners from the dungeon,  
from the prison those who sit in darkness.  
I am the Lord, that is my name;  
my glory I give to no other,  
nor my praise to idols.  
See, the former things have come to pass,  
and new things I now declare;  
before they spring forth,  
I tell you of them.



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