

# Breath of God

A practice of creating space for God wherever you are

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## BIBLE PASSAGE

*Ezekiel 37:5 - "Thus says the Lord God to these bones: I will cause breath to enter you, and you shall live."*

**Read Ezekiel 37:1-10**  
(NRSV translation of text found on back of page)

## BREATHING EXERCISE

Four Part Breath:

Breath in through your nose slowly and deeply; hold your breath in; slowly exhale all the breath out; hold your breath on the exhale; repeat. Hold each part of the four-part breath for a count of 4 (or longer) so each part is even.

## BREATH PRAYER

*(Breath in) I am breath*

*(Breath out) I am alive*

## STILLNESS MEDITATION

Candle Gazing Meditation:

Find a small candle and place it in a safe place on the floor or table in front of you. Keeping your eyes open, focus on the flame. If your mind wanders, gently bring it back to the flame. At the conclusion of your meditation, close your eyes and focus on your breath.

## MOVEMENT MEDITATION

Crescent moon stretch:

From a seated or standing position, inhale to bring your arms above your head, palms together. Grab your left wrist with your right hand and on an exhale gently stretch your arms to the right. Inhale back to center. Switch your grip and on an exhale, stretch your arms to the left. Repeat 3 to 5 times on each side.

## Ezekiel 37:1-10

The hand of the Lord came upon me, and he brought me out by the spirit of the Lord and set me down in the middle of a valley; it was full of bones. He led me all around them; there were very many lying in the valley, and they were very dry. He said to me, "Mortal, can these bones live?" I answered, "O Lord God, you know." Then he said to me, "Prophecy to these bones, and say to them: O dry bones, hear the word of the Lord. Thus says the Lord God to these bones: I will cause breath[a] to enter you, and you shall live. I will lay sinews on you, and will cause flesh to come upon you, and cover you with skin, and put breath in you, and you shall live; and you shall know that I am the Lord."

So I prophesied as I had been commanded; and as I prophesied, suddenly there was a noise, a rattling, and the bones came together, bone to its bone. I looked, and there were sinews on them, and flesh had come upon them, and skin had covered them; but there was no breath in them. Then he said to me, "Prophecy to the breath, prophecy, mortal, and say to the breath: Thus says the Lord God: Come from the four winds, O breath, and breathe upon these slain, that they may live." I prophesied as he commanded me, and the breath came into them, and they lived, and stood on their feet, a vast multitude.

