

Breath of God

A practice of creating space for God wherever you are

BIBLE PASSAGE

John 20:19-23 - "When he had said this, he breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained."

Read John 20:19-23

(Text found on
back of page)

BREATHING EXERCISE

Forgiveness Breath:

Focus on your breath and make each inhale and each exhale slow and deep. On each inhale, imagine you are breathing in the Holy Spirit; on each exhale, let go of any mistakes, self-doubts, or negative self-talk you are experiencing.

BREATH PRAYER

(Breath in) Peace

(Breath out) Forgiveness

STILLNESS MEDITATION

Relaxation Meditation:

Find a comfortable reclined or seated position. Bring focus to different parts of your body, starting with your left toes and moving to the crown of your head and then move down your body to your right toes. Breath in peace and calm to each part of your body; exhale out all tension.

MOVEMENT MEDITATION

From comfortable seated position, slowly inhale to raise arms out to each side and then up to bring palms together. Gaze is at your lifted wrists. On your exhale, round your back and place your hands on your knees. Repeat four to six times.

John 20:19-23

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the religious authorities, Jesus came and stood among them and said, “Peace be with you.” After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” **When he had said this, he breathed on them and said to them, “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.”**

