



# Prayer Profile

Create your "profile" of yourself as a "pray-er," including the things that you would like others to pray for on your behalf.

My name is

I would describe myself as *(examples: cheerful, moody, enthusiastic, a good athlete)*

Others would describe me as

Right now I am happy about *(offering praise)*

Right now I am sorry that I *(offering confession)*

Right now I want to say thanks for *(offering thanksgiving)*

My prayers for this group are *(offering intercessions)*

My prayers for this church are *(offering intercessions)*

My prayers for this community are *(offering intercessions)*

My prayers for the world are *(offering intercessions)*

Some people I would like to pray for are  
  
because

Some things I'd like prayers for are  
  
because



# Prayer on the Go

The iPod is a great invention. It allows us to have music wherever we go, but it only plays what we have programmed. So are breath prayers. They allow us to have prayer wherever we go and provide us with a message for God that we can return to constantly throughout the day. Centring with breath prayers – silent to everyone around us, but filling our spirits with God’s peace – is a way to program those messages and make them a part of us. Before a social, academic, or athletic challenge we can take deep breaths of holy confidence. Praying a breath prayer is also a way for faith to spread out from Sunday morning to the rest of the week and become a skill for living.

Breath prayers have been practiced for centuries by Christians who take seriously Paul’s advice to “pray without ceasing” (1 Thess. 5:17). The breath prayer is a one sentence prayer. The first seven syllables are thought on an inhalation and the last seven on its exhalation. This prayer, repeated hundreds of times a day, became a way to focus and contemplate, to relax before sleep and to greet God in the morning. One of the earliest known breath prayers is  
**“Lord Jesus Christ, Son of God, have mercy on me, a sinner.”**

Here are some other examples of breath prayers:

**(Breath in) God, open my mind to faith // (breath out) and fill my heart with love.**

**(Breath in) Spirit of the Living God // (breath out) send your text message of hope.**

**(Breath in) Jesus, I receive your peace // (breath out) and I let go of my fear.**

Try writing your own. You don’t need to follow the strict rules of counting out seven syllables. The sentence prayer can start with your name for God (such as Holy One, Loving Spirit) and a request that you want to make to God. When you pray your breath prayer, think of the first part as you breath in and the rest of the sentence as you breath out. Repeat often, as needed!

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