

Scripture Breathing

BY ALLI BAUCK



Inhale. Exhale. Inhale. Exhale.

We unconsciously repeat this vital rhythm about 20,000 times a day (according to a Google search). Breathing is essential to our well-being. If you do any kind of exercise, you know the importance of using your breath for support. If you are on social media, you have probably seen those stylized quotes reminding you to “just breathe.” Perhaps you work with kids — or grown up kids — who need daily encouragement to keep calm and keep breathing! As masterpieces

of God’s creation, we have been filled with “the breath of life,” however, we often take this awesome blessing for granted.

Not only does breathing deeply allow more oxygen to enter the body (and promote other good biological reactions), it also has been linked to lowering stress and anxiety. You already know taking a deep breath is good for you, but here are two simple steps to take breathing to a more spiritual level.

Step 1: Choose Scripture

Pairing your breathing with the God-breathed Word is a wonderful way to realign your focus on what is important: each breath is life-giving; God’s Word is life-giving. For example, I might choose a short but powerful verse such as Psalm 46:10, *Be still and know that I am God*. **Tip:** Personalize your phrase by including your name! (e.g. “Alli, be still and know that I am God.”)

Step 2: Breathe Scripture

Once you have decided on a verse or phrase, you need to breathe it. On your inhale, mentally say the first portion of your verse; on the exhale, recite the second half. For practice, take a deep inhale as you visualize these words: *Be still and know*. Exhale and release the words: *that I am God*. Sometimes the verse you choose may not be long enough for you to breathe to the fullest and deepest. When this is the case, simply add a sentiment of gratitude, like the phrase, “Thank you, Jesus.” Let’s take another breath together! (Inhale) *Be still and know that I am God*. (Exhale) Thank you, Jesus. Thank you, Jesus. Thank you, Jesus!

I know we do not often allow ourselves to “be still” (or breathe still). I know how easy it is to be tempted away from meditating on our Father’s Words to us. And I know we all need to breathe and be reminded that God, who is bigger than what is going on in our lives, is holding us in His loving hands.

Will you breathe a prayer with me?

(Take a deep inhale)

(Exhale) Thank you, Lord Jesus,

(Inhale) for giving me

(Exhale) the gift of life and breath.

(Inhale) Strengthen me through Your Word

(Exhale) and hold me in Its power and truth.

(Inhale) In Your name, I pray.

(Exhale) Amen. Q

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