

## Grace Notes a gift from Wesley United Methodist Church Lincoln RI

Breathe by Jonny Diaz/Jonathan Smith/Tony Wood

If you'd like to hear the song: <https://youtu.be/tdPnqAUjaJo>

Alarm clock screaming, bare feet hit the floor, it's off the to the races everybody out the door.

I'm feeling like I'm falling behind, it's a crazy life.

Ninety miles an hour going fast as I can, trying to push a little harder, trying to get the upper hand.

So much to do in so little time, it's a crazy life.

Its ready set go, it's another wild day. When the stress is on the rise, in my heart I feel You say: Just

Breathe, just breathe.

Come and rest at My feet.

And be, just be.

Chaos calls but all you really need  
is to just breathe.

Third cup of joe just to get me through the day. Wanna make the most of time but I feel it slip away.

I wonder if there's something more to this crazy life.

I'm busy, busy, busy and it's no surprise to see, that I only have time for me, me, me.

There's gotta be something more than this crazy life.

I'm hangin' on tight to another wild day, what it starts to fall apart, in my heart I hear You say: Just

Breathe, just breathe.

Come and rest at My feet.

And be, just be.

Chaos calls but all you really need  
is to take it in, fill your lungs  
the peace of God that overcomes.

Just breathe,

let your weary spirit rest.

Lay down what's good and find what's best.

Just:

Breathe, just breathe.

Come and rest at My feet.

And be, just be.

Chaos calls but all you really need  
is to just breathe.

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Do you see yourself in this song? Describe it. How does that make you feel?

Are there times you feel like you're racing but still falling behind? Do you do anything to address that? What is it?

Do you feel you “only have time for me, me, me”? What do you feel you’re putting aside because of that? How do you feel about it?

While Jesus and His disciples were travelling, Jesus entered a village where a woman named Martha welcomed Him as a guest. She had a sister named Mary, who sat at the Lord’s feet and listened to His message. By contrast, Martha was preoccupied with getting everything ready for the meal. So Martha came to Him and said, “Lord don’t You care that my sister has left me to prepare the table all my myself? Tell her to help me.” The Lord answered, “Martha, Martha, you are worried and distracted by many things. One thing is necessary. Mary has chosen the better part. It won’t be taken away from her.” Luke 10:38-42 Common English Bible

Do you see Martha in this song? In what way(s)? Was she busy doing good things? Where was her focus? Do you think this added to Martha’s stress? Do you see Martha in yourself? Where is your focus?

How does the line “chaos calls but all you really need is to just breathe” make you feel? Why? What does “just breathe” look like to you? Why do you think it’s important to focus on your breathing?

In the song, Jesus invites “come and rest at My feet”. How does this personal invitation from Jesus make you feel? Why do you feel this way? Do you think resting at Jesus’ feet means you have to stop everything and meditate for 30 minutes? How does that idea make you feel? What if it meant taking a moment to offer your day to God before you get out of bed in the morning? Or offering the worries and stresses of your day to God as you settle in to sleep at night? How does that thought make you feel? Does that feel like it’s something you can do?

Breath Prayers are a simple way to step back from the chaos and connect with God. They can be done any place, at any time. Simply select a short phrase or Bible verse that’s easily divided into two sections. The idea is to breathe in on the first section and breathe out on the second section. Ideally, you breathe in for a count of two and breathe out for a count of four, so a phrase or verse with the second section that’s twice as long as the first can make it easier when you’re starting out. First, practice breathing that way - inhale to the count of two and exhale to the count of four. In for 2 then out for 4. Once you feel comfortable with that, it’s time to add some words to our Breath Prayer.

Let’s try it with “be, just be”. Inhale “be” for 2 counts, then exhale “just be” for 4 counts. Do this twice, focusing on your breath and how it feels in your chest and abdomen. Take a break for a moment and breathe normally.

Now, when you do it again, close your eyes and remembering how your breath feels, focus on the words. Breathe in “be” to the count of 2, breathe out “just be” to the count of 4. Do this twice, and notice how the words make you feel. Then take a break for a moment and breathe normally. Remember any thought, feeling or emotion that the words brought out.

When you’re ready, close your eyes and repeat the phrase just as you did before, this time focusing on God.

That is a Breath Prayer. A simple way to step back, to breathe and accept Jesus’ invitation to “rest at My feet”.

Now that you know how to use a Breath Prayer, you can adapt it any way you’d like. You can use your favorite Bible verse, or you can use a phrase that speaks to you in the moment. The options are endless. You can use the same words all the time, or change the words every time. It’s up to you.

If you continued with a short prayer from the song “Breath of Heaven” from the week of December 14<sup>th</sup>, you may be able to adapt it to become a Breath Prayer. It may not work, but if it fits the rhythm, why not give it a try?

This is a practice you can take with you into the new year, a useful tool in many situations...

Need to stop and take a short break, perhaps to step away from an issue or a situation and calm yourself? You can use a Breath Prayer to focus on your breathing and how it feels.

Looking to get out of yourself, perhaps to stop focusing on a problem? Then use your Breath Prayer and focus on how the words make you feel.

If you need to connect with God, perhaps looking for direction, then you can use your Breath Prayer to focus of God – offering your words, your very breath to God.

“Because He bends down and listens, I will pray as long as I breathe!”

Psalm 116:2 The Living Bible