

Discussion Questions For LentEN D-Groups

Week 2: Breath Prayer

**These questions can be used whether you are in a D-Group over the course of Lent or praying on your own. The goal of these questions in relation to our D-Groups is to have group members share their experiences; these questions are not a checklist that you have to tick, but are provided simply as optional conversation-starters.*

1. Share about your experience with *Breath Prayer* this week:
 - a. Have you practiced *Breath Prayer* before, or was this your first time?
 - b. Was it hard to create the space to practice? If so, why do you think that is?
 - c. Was the practice itself easier or more difficult than you thought it would be?
 - d. Could you see yourself incorporating *Breath Prayer* into your life going forward? Why or why not?
2. What attribute or name did you choose for your inhale? What truth or longing for your exhale?
3. Do you think you will be able to continue inhaling and exhaling these words and phrases throughout the week as a prayer to God? Why or why not? How do you foresee this affecting the state of your soul?
4. Share anything else that you would like about your prayer time with the group.