
PREPARE HIM ROOM

Breath Prayers for Advent

WELCOME

Amid the Christmas season, is the Advent season. A season that invites us to slow down and prepare for the coming of Jesus. Even with the invitation to slow down, pause, and take deep breaths to make Jesus room, the reality of all that is happening around us presses in.

How can we prepare to make Jesus room within the demands of the season?

One way we want to invite you to prepare him room is through breath prayers. Breath prayers are six to eight-syllable prayers that fit easily into one inhale and exhale. These prayers are based on Scripture and invite the one praying to be aware of their bodies through slow breathing, speaking short Scriptures, and repetition.

Each day you will be given a breath prayer to repeat for a few minutes at the beginning and end of your day. The hope is that this can also be a prayer you return to throughout each day so that you might see where God is with you throughout the details and detours of your day.

As you prepare Jesus room this Advent season, may you find that Jesus is quite near and makes room for you.

Breathing with you,
Fuller Center for Spiritual Formation Team

HOW TO USE THIS GUIDE

- ❖ **The Guide:** Save this digital breath prayer guide to your desktop/ phone/reader or print. If you print, use the print options to print a few on a page if you'd like.
- ❖ **With Others:** Decide whether you will go through these practices alone, with your family, a spouse, a group, or a combination of those.
- ❖ **In Sight:** Place the prayers in a consistent and visible place in your home or work- place for you and others (if family is participating) to see as a reminder to engage in these prayers.
- ❖ **Daily:** Include praying these prayers as a part of your daily routine. Commit a few minutes to each day and choose a specific time and place if that helps you stay consistent. Use the following steps:
 1. Settle into an upright position, being attentive to your breathing.
 2. Take a deep and slow breath in and pray the "Breathe In" prayer.
 3. Hold your breath for a few moments.
 4. Slowly breath out the "Breath Out" prayer.
 5. Repeat 8-10 times slowly and repetitively.
 6. Practice these prayers in the morning and evening, as you can.
- ❖ **Share:** If you are praying with another person(s) or in a group, share what the Scripture and prayers have raised up in you.
- ❖ **Enjoy:** Enjoy the gifts of Scripture, community, prayers, and slowness this Advent season!

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FIRST WEEK OF ADVENT: HOPE

FIRST WEEK OF ADVENT: HOPE

SUNDAY

PSALM 62:5-6

For God alone, O my soul, wait in silence, for my hope is from him. He only is my rock and my salvation, my fortress; I shall not be shaken.

Breathe In: God is our fortress.

Breathe Out: We wait in silence.

MONDAY

PSALM 42:5

Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation.

Breathe In: There is turmoil within my soul.

Breathe Out: I will again praise God.

FIRST WEEK OF ADVENT: HOPE

TUESDAY

PSALM 147:10-11

His pleasure is not in the strength of the horse, nor his delight in the legs of the warrior; the Lord delights in those who fear him, who put their hope in his unfailing love.

Breathe In: We have run for God's love.

Breathe Out: Our legs can rest in hope.

WEDNESDAY

LAMENTATIONS 3:21-24

But this I call to mind, and therefore I have hope: The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. "The Lord is my portion," says my soul, "therefore I will hope in him."

Breathe In: Memory brings us back to you.

Breathe Out: You meet us in all our moments.

FIRST WEEK OF ADVENT: HOPE

THURSDAY

ROMANS 5:1-5

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

Breathe In: Suffering remains near.

Breathe Out: Joy and hope are ours to claim.

FRIDAY

ROMANS 15:13

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Breathe In: Our days are filled with longing.

Breathe Out: You meet us with abundant hope.

FIRST WEEK OF ADVENT: HOPE

SATURDAY

1 PETER 1:3-4

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you.

Breathe In: Resurrection makes way for hope.

Breathe Out: An inheritance is held for us.

WEEK ONE REFLECTIONS:

**SECOND WEEK OF ADVENT:
PEACE**

SECOND WEEK OF ADVENT: PEACE

SUNDAY

ISAIAH 9:6

For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

Breathe In: We are weary of unjust systems.

Breathe Out: Jesus, remind us of your power.

MONDAY

ISAIAH 26:3

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

Breathe In: My mind is prone to wander.

Breathe Out: Bring me back to you.

SECOND WEEK OF ADVENT: PEACE

TUESDAY
MATTHEW 5:9

Blessed are the peacemakers, for they shall be called sons of God.

Breathe In: The invitation to division entices.

Breathe Out: Ready me to pursue peace.

WEDNESDAY
JOHN 14:26-27

But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

Breathe In: We were never abandoned.

Breathe Out: Peace remains near to us.

SECOND WEEK OF ADVENT: PEACE

THURSDAY
JOHN 16:33

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.

Breathe In: Peace is a promised provision.

Breathe Out: And peace will overcome.

FRIDAY
COLOSSIANS 1:19-20

For in him all the fullness of God was pleased to dwell, and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.

Breathe In: Peace demands a price.

Breathe Out: I am not the only one who has paid.

SECOND WEEK OF ADVENT: PEACE

SATURDAY

COLOSSIANS 3:15-16

And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

Breathe In: Peace is a worthy ruler.

Breathe Out: Lead us to gratitude.

WEEK TWO REFLECTIONS:

**THIRD WEEK OF ADVENT:
JOY**

THIRD WEEK OF ADVENT: JOY

SUNDAY

PSALM 4:6-7

There are many who say, "Who will show us some good? Lift up the light of your face upon us, O Lord!" You have put more joy in my heart than they have when their grain and wine abound.

Breathe In: We long for goodness throughout the earth.

Breathe Out: Your lasting joy keeps us filled.

MONDAY

PSALM 16:11

You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

Breathe In: The path of life has been hidden.

Breathe Out: You make it known with your presence.

THIRD WEEK OF ADVENT: JOY

TUESDAY

PSALM 65:8

The whole earth is filled with awe at your wonders; where morning dawns, where evening fades, you call forth songs of joy.

Breathe In: You have given us songs to sing.

Breathe Out: May joy be our melody.

WEDNESDAY

ISAIAH 49:13

Sing for joy, O heavens, and exult, O earth; break forth, O mountains, into singing! For the LORD has comforted his people and will have compassion on his afflicted.

Breathe In: Our voices remain quiet.

Breathe Out: May creation carry our song.

THIRD WEEK OF ADVENT: JOY

THURSDAY

JOHN 15:10-12

If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full. "This is my commandment, that you love one another as I have loved you."

Breathe In: Your commands are for our joy.

Breathe Out: May we love as you loved us.

FRIDAY

COLOSSIANS 1:9-12

And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God; being strengthened with all power, according to his glorious might, for all endurance and patience with joy; giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light.

Breathe In: Joy is a mysterious gift.

Breathe Out: We welcome it as we endure.

THIRD WEEK OF ADVENT: JOY

SATURDAY

HEBREWS 12:1-2

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Breathe In: Joy is set before us.

Breathe Out: May we see it and serve.

WEEK THREE REFLECTIONS:

FOURTH WEEK OF ADVENT: LOVE

FOURTH WEEK OF ADVENT: LOVE

SUNDAY

ROMANS 8:35, 37-39

Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Breathe In: I am kept in Christ's love.

Breathe Out: Nothing can separate me from Jesus.

MONDAY

MATTHEW 5:43-44

"You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, Love your enemies and pray for those who persecute you.

Breathe In: Your love has no limits.

Breathe Out: Stretch my soul to love.

FOURTH WEEK OF ADVENT: LOVE

TUESDAY

Psalm 57:9-10

I will give thanks to you, O Lord, among the peoples;

I will sing praises to you among the nations.

For your steadfast love is great to the heavens,

your faithfulness to the clouds.

Breathe In: Your love is constant and strong.

Breathe Out: It prepares me to love.

WEEK FOUR REFLECTIONS:

MERRY CHRISTMAS!

LUKE 2:11-14

“For unto you is born this day in the city of David a Savior, who is Christ the Lord. And this will be a sign for you: you will find a baby wrapped in swaddling cloths and lying in a manger.” And suddenly there was with the angel a multitude of the heavenly host praising God and saying, “Glory to God in the highest, and on earth peace among those with whom he is pleased!”

Breathe In: Welcome Jesus!

Breathe Out: We have made a place for you.

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