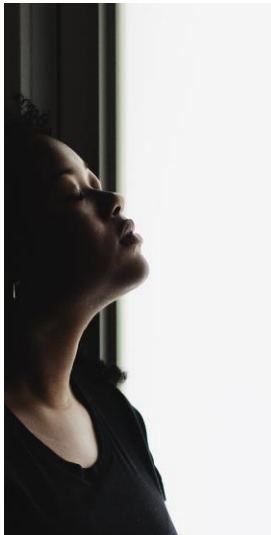


Getting Ready: Inhale, Breathe



Sing Together - 1 minute

Spirit, Spirit of Gentleness NCH #286 (chorus only)

Spirit, Spirit of gentleness, blow through the wilderness calling and free,
Spirit, Spirit of restlessness, stir me from placidness, wind, wind on the sea.

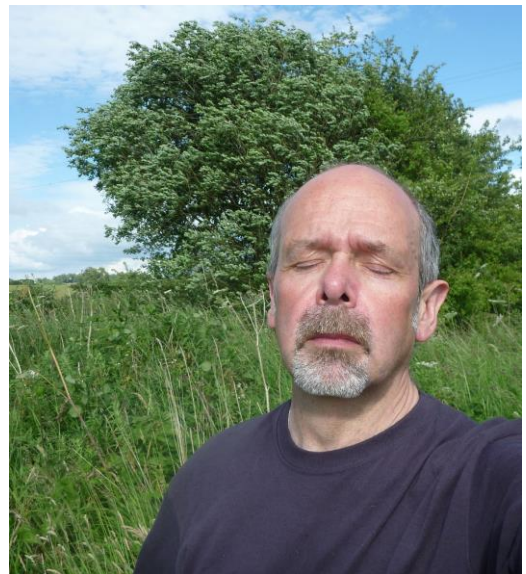
"Inhale" by [Shari Alisha](#) is licensed under [CC BY-NC-SA 2.0](#)

"Day 188 - and - Breathe...!" by [Menage a Moj](#) is licensed under [CC BY-SA 2.0](#)

Practice Breath Prayers - 1 minute

You can't always stop into a church or find somewhere to kneel or light a candle or even close your eyes and bow your head. But you can always pray. Especially if you cultivate the habit of "breath prayers." They are simple prayers. Short. Easy. They can be spoken in a single breath and repeated numerous times throughout the day. But the habit of "breath prayers" can make a huge difference in your life as they help you to "pray without ceasing" (1 Thessalonians 5:17). Christians have used this technique for centuries.

Basically, it is finding a phrase and internally reciting the first part on your inhale and the second part on your exhale. You can choose a favorite mantra or Scripture verse.



Some examples: (*breathing in...breathing out*)

Lord Jesus Christ, Son of God, ... have mercy on me a sinner

Speak, Lord, ... for your servant is listening.

My help comes from the Lord, ... the maker of heaven and earth

When I am afraid, ... I will trust you.

Not my will, ... but yours.

Be still and know ... that I am God

I am . . . a love song

Faithful Love . . . dwelling in me

I am ready . . . I receive

Loved, loved . . . loved as I am

Held in your mercy . . . held in your love

Let Go . . . Live in Love

Divine Compassion. . . teach me

Preparation Prayer - 30 seconds

Leader: We have come, broken, battered, and lifeless. Our bones are dry and we have lost sight of who we are.

Response: Breathe new life into us that we might live.

We are dead and unaware of when our death occurred.

Response: Breathe new life into us that we might live.

We need your resurrection power to fall in our lives today.

Response:

Breathe new life into our lives,

Breathe new life into our homes,

Breathe new life into our neighborhoods,

Breathe new life into our relationships,

Breathe new life into our church.

We, like Ezekiel, Mary, and Martha, trust in your power to breathe new life into our dry bones and dead situations.

All: We stand waiting for your life-giving spirit to fall upon us so that we might be revived, restored, and renewed; so that we might live resurrected lives with newness and vitality in new and transformative ways.

We Have Come, Broken: A Call to Worship Based on Ezekiel 37:1-11
by the Rev. Sharletta M. Green, One License - # A-726522

<https://www.umcdiscipleship.org/resources/we-have-come-broken-a-call-to-worship-based-on-ezekiel-371-11>