

Seeing with New Eyes Lent Retreat

Part 3 - Let our Hands be Hidden but God's Love Revealed



Breathing Prayer

A good way to pray is to relax your body.

Concentrate on your breathing.

Take a deep breath in and hold for a few seconds.

Then breathe out.

As you breathe out imagine breathing out everything that you want to let go of.

Then as you breathe in, ask God to fill you with his love and his presence.

Breathe out hate

Breathe in love

Breathe out death

Breathe in life

Breathe out anxiety

Breathe in peace

Breathe out tension

Breathe in gentleness

Breathe out all that distracts us from God

Breathe in God's presence

- Why did it catch your attention?
- What is God saying personally to you?
- How does that word or phrase connect with your life? Don't be afraid of thoughts and feelings that arise around that word.

After you have chewed on the word or phrase for a while, begin a conversation with God. How is God inviting you to pray? Be honest. Allow the word you have been pondering to touch you at a deep level as you dialogue with God.

Listen for the Spirit's gentle voice of reassurance as you talk with God about what you have heard. And then finally, simply rest in the Lord's presence. Let go of the need for words, and just enjoy being held in God's infinite love.

After however long is necessary, take some time to reflect on your Word, your conversation with God and the time you have spent together. You could journal, draw a picture, craft, write a poem/song/prayer, take a photo or bake. Whatever you feel called creatively to do!