

## The Lord's Prayer as a deep breathing exercise

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Begin by taking a few natural deep breaths as you relax your body from head to toe.

When you are ready, breathe in to the count of five such that you get a very deep breath (where your belly pushes out and your lungs are filled) and say to yourself or aloud,

My Father in Heaven, hallowed be your name!

Stop and hold your breath for five counts or for as long as you can (somewhere on the brink of discomfort) and, say in your mind

Your kingdom, come!

When you are ready, breathe out to the count of five (pulling your belly in as you slowly push all of the air out of your lungs) and say to yourself

Your will be done!

Breathe in again to the count of five or whatever is near comfortable and say to yourself

On earth as it is in heaven.

Stop and hold your breath for five counts or so and say to yourself

Give me your daily bread for today.

Again, when you are ready, breathe out slowly and say to yourself.

Forgive us our debts.

Take another slow breath to the count of five or so and say to yourself

As we forgive our debtors.

Stop and hold your breath for five counts or so and now say to yourself

Lead me not into temptation.

When you are ready, breathe out slowly and say to yourself.

But deliver me from evil.

Finally, Take another slow breath to the count of five or so and say to yourself

For thine is the Kingdom, power and glory

Once more, stop and hold your breath for five counts or so and now say to yourself

For ever and ever

And now let out one last long, slow breath for now and say to yourself.

Amen