

Find out more,  
including a weekly  
online reflection using  
music and images,  
at

[gkchurch.org](http://gkchurch.org)

Do you arrive at  
Christmas gasping for  
breath?

Would you like to live  
Advent more gently  
this year?

*Breathe* offers a simple  
way to pause three  
times a day, to breathe  
and to pray.

This Advent breathe  
more deeply and arrive  
at Christmas in peace

breathe

pause. breath. pray

## **breathe in..take a breath..breathe out**

Start the day by breathing in. Give yourself and your day to God.

Find somewhere quiet, or plug in your earphones to block out the noise. Sit comfortably, with a straight back. Take a deep breath. Begin to breathe slowly and deeply, as deeply as you can.

Breathe in... breathe out.

When you are breathing deeply and steadily, let the words of the Scripture sentence fill your mind.....breathe them in, breathe them out.

Keep breathing with these words for 3 minutes.

As you end, using whatever words are right for you, give God your day and ask him to be with you in all things.

Finish gently.

At midday take a breath and to the same, finishing by thanking God for what has already happened and asking Him to be with those you love.

In the evening breathe out, with a final 3 minutes, finishing by thanking God for the day and asking him to guard you through the night.

As you breathe, your mind will wander.

When you notice that happening, come back to the words and to your breath. Breathe in...breathe out.

## **BIBLE VERSES** *to use as you breathe*

	<b>Week one</b> <b>4-10 December</b>	<b>Week two</b> <b>11-17 December</b>	<b>Week three</b> <b>18-24 December</b>
<b>Morning</b>	The Lord is my shepherd	Speak Lord, your servant is listening	Wait for the Lord, His day is near
<b>Midday</b>	Be still & know that I am God	This is the day that the Lord has made	Father, into your hands I commend my spirit
<b>Evening</b>	The Lord is my strength & shield	Come to me all who are burdened; I will give you rest	My soul rests in God alone

**It might help to set an alarm on your phone for the three times of day that work best for you to pause - to help you remember to pause, breathe and pray.**

breathe in...take a breath...breathe out