

Your journal is a place to record your experiences as you practice the activities for each session.

Use your journal in the way that is most suited for you. Write, draw, or decorate—however you choose to journal, know that it is intended to enhance your learning experience and not place any undue burden on you or your experience.

Living Intentional Lives

Session 2: Holy Practice

For the next week, you are invited to practice the breath prayer that Nikki discussed in this sessions video. As a reminder, the way you practice breath prayer is to first choose a name for God that is most comforting to you, such as Holy One, or God, or Shepherd. Next, choose a short prayer, such as, “grant me peace” or “guide my path”. What you choose is actually not all that important. The practice of saying it is. After you have chosen what you will say, you put it to the rhythm of your breath. On the inhale, say the name for God, on the exhale, say the short prayer.

The nice thing about this practice is that it is very flexible. It can be done while you are driving, unloading the dishwasher, walking to a meeting, or caring for an aging parent. It is available all the time and it is a way to remind your self that God.

Over the course of this next week, use this practice two to three times each day and then journal about your experience.