



Sacred Breath: 40 Days of Centering Prayer

J. David Muyskens

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When life takes an unexpected turn that leaves you reeling, sometimes you have to remind yourself to just breathe. But God is closer than the air you breathe. Grounded in scripture and Christian tradition, Sacred Breath walks you through the practice of Centering Prayer and helps you breathe in deeply the presence of God. Learn how to present yourself to God in silence twice a day without any agenda. Forty days of practical, encouraging meditations will help you get started in the rich experience of living in the awareness of God's love. The first 10 readings focus on receiving God's love; the second 10 on obstacles to our relationship with God, and the last 20 on the rhythm of receiving and giving in our walk with God. Sacred Breath includes scriptures, breathing exercises, and an outline for group meetings. For an introduction to Centering Prayer, try *Forty Days to a Closer Walk with God* (link to book in online bookstore), also by J. David Muyskens.

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