

## ***Breathing in the Spaces\** — A Missional Practice**

*Missional practices: cultivating new understandings, ways of being, and living Christ's mission.*

**Purpose:** To center ourselves and be more aware of people and God's presence by stopping and consciously taking a breath as we enter various spaces during the day. When you step or move into different spaces, consciously place yourself in the new setting with a desire to be alert to what God might be doing in the lives of people. Overtime simply taking a deliberate breath will remind you that you are in God's presence and that you want to be alert to God's purposes in that setting.

### **Steps:**

Here are simple ways or suggestions on how *to breathe in the spaces* in your daily life:

Start each day with the *Mission Prayer* or a spiritual discipline that helps you to be open to God's blessings and purposes in your life.

In your home, as you enter shared space, pause to take a breath and be aware of how precious this space and the people are (or have been) to you and the gratitude you have for them.

When entering the different spaces in your day (workplace, a colleague's office, a restaurant or place of business, school or places where people meet) pause and take a deliberate breath.

When returning home pause to take a breath. If you share your home with others, be a loving presence.

### **Tips for the Process:**

*Let the Spirit breathe!* (Doctrine and Covenants 162:2) As you take a deep breath, breathe in the goodness of the profound presence and purposes of God in each place you find yourself. Allow yourself to be drawn to people who may be blessed in simple ways by you being aware of them as persons of worth.

\*This missional practice draws on *Centering Prayer—A Missional Practice* and its use of "breath" as a way to breathe in and consciously be aware of the presence of the Holy Spirit. It also draws on the practice *Listening in the Spaces* (see Pastors and Leaders Field Guide). In *Wisdom Distilled from the Daily* (New York: HarperCollins, 1990) by Joan Chittister, she explains how members of the Benedictine community stop outside the chapel for a few minutes before entering for prayer. "The practice of *statio* is meant to center us and make us conscious of what we're about to do and make us present to God who is present to us. *Statio* is the desire to do consciously what I might otherwise do mechanically. *Statio* is the virtue of presence."