



Fun Mini Prayer Exercises To Strengthen Your Spiritual Lungs

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INTRODUCTION

In a world that has gone crazy over things like yoga, meditation, and other Eastern religious practices, it's easy for us as Christians to get discouraged and frustrated over the swelling darkness enveloping our current era.

But despite this reality of the whole yoga and meditation craze swirling around us, I believe we as Christians can learn something from all this.

"What do you mean?" You may ask.

Well, to put it simply, one of the foundational basics of yoga and meditation is something called "**deep breathing**" or "**breathing exercises.**"

While I don't believe we as Christians should get ourselves involved in these practices that are rooted in Eastern pagan beliefs, here's something that I wanna highlight about a benefit these breathing exercises can bring to your physical body, and then connect that benefit with our spiritual well-being as Christians.

So, on a website called Music2Meditate.org, it contains an article listing 50 benefits of deep breathing exercises. And, Benefit #17 says that these breathing exercises help make the lungs "stronger."

What does that have to do with our spiritual lives as Christians?

I honestly can't help but think of what one of my favorite Christian writers, Ellen White, stated about spiritual breathing:

"Prayer is the breath of the soul. It is the secret of spiritual power. No other means of grace can be substituted and the health of the soul be preserved."

Just like physical breathing exercises helps strengthen our physical lungs, so it is with spiritual breathing exercises -- or prayer exercises -- helping to strengthen our spiritual lungs (aka our prayer life).

And friend, this is the whole reason why I wrote this eBook. During a time where everyone is practically stuck at home with nothing to do, I believe now is a good time for us as Christians to start to take the health of our prayer lives more seriously.

So, go ahead and scroll through this eBook to find simple -- yet fun -- exercises to help put some fresh vitality into your spiritual lungs!

Stay healthy & prayerful,



Aleah Reklai

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COLOR PRAYER EXERCISES



1. THE RED PRAYER

When you see something red, pray for someone you know who needs to be washed in the red blood of Jesus.

2. THE PURPLE PRAYER

When you see something purple, pray that God will help you be a true child of the King today.

3. THE GREEN PRAYER

When you see something green, pray for someone you know who is struggling with a "dry season" in their spiritual life. Pray that God would refresh and revive their hearts with His love and grace.

4. THE BLUE PRAYER

When you see something blue, pray that God will help you truly walk in genuine, loving obedience to His commandments. Pray that He'll write His law in your heart today.

5. THE YELLOW PRAYER

When you see something yellow, pray that God will bless someone you know who is in dire need of His joy in their lives. Pray that God will implant in this person's heart a desire to find true happiness in His presence.

6. THE ORANGE PRAYER

When you see something orange, pray that God will build and strengthen more faith in your heart to trust Him today with whatever crosses your path.

NATURE PRAYER EXERCISES



7. THE BIRD PRAYER

When you see a bird, or hear a bird chirp, pray for someone you know who is struggling to fly away from sin and temptation.

8. THE ROCK PRAYER

When you see a rock, pray that God will help you and a loved one take time to build your lives on the Rock -- Jesus Christ.

9. THE CLOUD PRAYER

When you see a cloud in the sky, pray for someone you know who is in need of being covered by the cloudy pillar of God's presence and love today.

10. THE FLOWER PRAYER

When you see a flower, pray that God will fill you with the sweet fragrance of His love today.

11. THE BUSH PRAYER

When you see a bush, pray for someone you know who needs to be "hedged in" by God's protection and providence.

12. THE TREE PRAYER

When you see a tree, pray for someone you know who has not yet knelt at the foot of the cross and accepted Jesus as their Savior.

13. THE STRAY PRAYER

When you see a stray cat or dog, pray for someone you know who has wandered away from Christ. Pray that God will help them turn away from their sins and turn to Him with all their hearts.

ACTION PRAYER EXERCISES



14. THE WALK PRAYER

When you start walking, pray for someone you know who is struggling to have a close walk with God. Pray that God will implant in their hearts an unquenchable desire to truly walk with Him day by day, step by step.

15. THE DRIVE PRAYER

When you get in your car and begin to drive down to your destination, pray that God will give you a zealous drive to serve Him and truly obey His will and plans for your life.

16. THE SNEEZE/COUGH PRAYER

After you cough or sneeze (or hear someone cough or sneeze), pray for someone you know who is in need of healing today (whether it's physical, mental, emotional, financial, or spiritual healing).

17. THE SCRATCH PRAYER

When you feel itchy and start to scratch the itch, pray that God will implant in your heart an itching love for Him and those who are lost.

18. THE JOG/RUN PRAYER

When you go and either jog or run, pray for someone you know who has not yet run to Jesus and had his or her sins forgiven.

19. THE LAUGH PRAYER

When you hear someone laugh, pray for someone you know who is in need of the joy and happiness only Christ can give.

20. THE EAT PRAYER

When you start to eat something, pray for someone you know who needs to have more of a hunger for God's truth and will in their lives.

OBJECT PRAYER EXERCISES



21. THE PENCIL PRAYER

When you see or use a pencil, pray that God will write more of His love, faith, peace, joy, and hope in your heart today.

22. THE CUP PRAYER

When you see or use a cup, pray for someone you know who is in need of the Water of Life and Salvation.

23. THE CHAIR PRAYER

When you see or use a chair, pray for someone you know who is struggling to sit at Jesus' feet every day.

24. THE PURSE PRAYER

When you see or use a purse, pray that God will carry you through the trials and temptations of today.

25. THE SINK PRAYER

When you see or use a sink, pray for someone you know who hasn't yet allowed Jesus to come into their lives and wash their sins away with His blood.

26. THE MIRROR PRAYER

When you look into the mirror, pray that God will help you be a true reflection of His character to others today.

27. THE PHONE PRAYER

When you see or use your phone, pray for someone you know who hasn't yet called on God and allowed Him to be the Lord and Savior of their lives.

28. THE SHOE PRAYER

When you see some shoes - - or, are putting on your shoes - - pray for someone you know who might feel like they can't "fit" Jesus and His will into their lives.

29. THE PILLOW PRAYER

When you see or use a pillow, pray for someone you know who needs the rest and peace only Jesus can provide.

30. THE BIBLE PRAYER

When you sit down to read your Bible, pray for someone you know who hasn't yet taken genuine time to read God's Word in their daily life.



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