



The TrumBulletin



A Publication of the Trumbull Church of Christ, 2 Drew Circle, Trumbull, CT. 06611

203-261-5201

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Breath prayers

A “breath prayer” is a simple and short prayer that can be done in a single breath. It’s a powerful tool and beautiful application of Bible memory that’s accessible to anybody, and yet most people have never heard of it. Although often confused with different kinds of New Age mysticism, this form of Scripture meditation and contemplative prayer has been a part of the church for centuries. It’s a simple acknowledgement that God’s Word has power not only over our minds, but also our physical bodies.

If you’re looking for a way to apply basic Scripture memory with everyday life, the breath prayer is a practical tool that’s worth understanding.

Understanding the Practice of Breath Prayers

Breath prayers don’t replace traditional memorization of Scripture – whether you’re memorizing extended portions of Scripture or even individual verses. It’s simply a new tool in keeping God’s word in my heart.

How do you do a breath prayer?

It’s simple. The first portion of the verse is usually recited upon an inhale, while the latter portion is recited on an exhale. For example:

“Be still...” Recite these two words as you slowly inhale. Hold your breath for an intentional pause and focus on these words that you’ve [memorized from Psalm 46](#). **“...and know that he is God.”** Say these words as you slowly exhale the breath that you were holding. That’s it.

I know it sounds ridiculously simple (and it is), but the power of breath prayer comes in recognizing that the word of God has authority over our thoughts and our physical body. It’s a practical way to “pray without ceasing” (1 Thessalonians 5:17), to invite the power of the Holy Spirit into your life, and to “let the word of Christ dwell in you richly,” (Colossians 3:16).

There are some who consider breath prayers not Biblical, and there are likely ways that this can be taken too far, but breathing Jesus prayer and speaking God’s Word is about as Biblical as you can get!

Breath Prayer Example Verses

Breath prayers can be created out of almost any verse in the Bible, but it’s usually best with short, impactful verses. A few breath prayer examples might be:

When you are stressed: [*inhale*] “My soul finds rest...” [*exhale*] “...in you alone.” (Psalm 62:1)

When you are tempted: [*inhale*] “Resist the devil...” [*exhale*] “...and he will flee from you.” (James 4:7)

When you are afraid: [*inhale*] “When I am afraid...” [*exhale*] “...I put my trust in you.” (Psalm 56:3)

Unknown

NEWS & NOTES

Jan.31 Midnight Oil- 6-9 pm
an evening of prayer at the
church building
Feb. 4 & 18- 9:30 am
Tuesday morning Ladies Bible
Study
Feb. 8th- 10a-12p- Ladies
Bible Study

Feb. 15 - 9 am- Men’s breakfast

Feb. 20-Preacher’s Meeting for
all our area preachers. Sign up
sheet in back for anyone who
would like to help provide food.

**Remember to contribute to
Spooner House food
collection and our own food
pantry..
BARNABAS PROJECT- IF
INTERESTED in joining
contact
MaryLou(475)529-5751**

Prayer Request

*Pray for Doreen Palmer's daughter, **Christina**, who is struggling with health challenges.

*Pray for **Jordan** (daughter of Tracy Walkup's sister in Christ, Sylvia) who is experiencing extreme pain Levels.

*Pray for Ray's brother **Mike**, who is recovering from a recent vascular procedure.

*Pray for the **Eddy family** who are all sick.

*Pray for **Paul mCMullen** (Pancoasts S-I-L's father) recently hospitalized and undergoing testing.

*Pray for **Linda Cerminara**, she will have shoulder surgery Feb. 3.

*Pray for **Desrine Forbes** who is dealing with a few medical issues and is unable to work.

*Pray for all those affected by the California wildfires.

*Pray for **Chris Baxter** dealing with personal issues.

*Pray for **Judy Ragland** (Chelsey's grandmother, diagnosed with stage 4 colon cancer.

*Pray for Kris Eddy's coworker whose wife, **Jackie** was recently diagnosed with cancer.

*Pray for **David** (Derin's father) who is in congestive heart failure.

*Pray for good results from **Nadine's** recent CT scan.

*Pray for **Debbie Christy and family**, her niece, Carrie, passed away.

*Pray for **the family of William Adams**, (Ashley Stephens uncle), he passed away, his wife is recovering from being recently hospitalized.

*Pray for **Gerry and Nancy Melson**, both are dealing with health problems.

*Pray for those dealing with cancer and chemo treatments- **Judith Gomez, Cohen** (Ron's friend), **Tom Byer** *Prayers for all those who have lost loved ones this past year.

*Pray for **families, relatives, friends and people we are reaching out to**, that they may turn to the Lord. Special prayers **for our church leaders**.

Prayers for all families caring for their elderly or sick loved ones: Allie Saracino-Cherie, Bob and Joanne Discala-Virginia, Greg & Linda, Gina Porto

***Pray for those suffering from long term illnesses:** Emille Jones, Mike Ross, Ted & Toni Bonadio, Kevin Early, Nadine Keller, Greg & Linda Cerminara, Pat Yaglowksi. Meegan and Irene, Nuris Gomez, Mildred, Karen O, Anthony Katz., Jasmyn Malagutti, Daniel Ruiz., Zak Pappas Fernandes., Jim Walkup's brother (Sam), Lance Flood, Zach Saracino, Joshua Ruiz, Brody Streety & all children with diabetes.

*Anyone interested in helping with **World Bible School**- contact Ron

***Opportunities** to serve: any men willing to participate in worship service in other capacities for the church, please contact Bruce Post. Anyone interested in leading and/or helping with the building or church house maintenance please contact Bruce Pancoast.

Please bring nonperishable food items for the **Spooner House** - a list of all items needed is on back table: Jelly/Jam/Peanut Butter, Cereal/Oatmeal, Canned Meats: Chicken, Tuna, Corned Beef Hash, Canned Ravioli/Tomatoes, Pasta Sauce, Canned Fruit/Applesauce, Crackers/Snacks, Pancake Mix/Syrup, Ramen, Hamburger/Tuna Helper, Baked beans/Pork and Beans, Canned/Dried Beans (i.e. Black, Chick Pea, Cannellini, Kidney, Pinto), Rice/Rice-A-Roni, Soup/Stew/Chili, Instant/Canned Potatoes/Yams. Bring these food items to the building to be delivered to the Spooner House. Please make sure that items do not have expired dates. Thank you

Elders: Bruce Pancoast 203-583-0551

Ron Saracino 203-913-8345

Minister: Ron Saracino 203-913-8345

Spanish Ministry: Elmer Sandavol 914-914-486-9146

Deacons: Ray Fernandes 203-502-8871

Luis Ruiz 203-610-2396

Bob Discala 203-521-7252

Patrick Keller 203-218-9517

Derin Wilson 203-360-1695

Wednesday Night Bible Study

7:00 pm via zoom

Bible class Sun. 10 am, worship service 11 am

Online bible class and worship service go

to our website: trumbullchurchofchrist.org

Week of 1/26/25

Song Leader :Kris Eddy

Lord's Table:Ray Fernandes

Closing Prayer:Derin Wilson

Usher:Steve Froehlich

Week of 1/19/24- 1/25/25

Donations \$2646 Expenses:\$3695