

Child of God, Child of Light



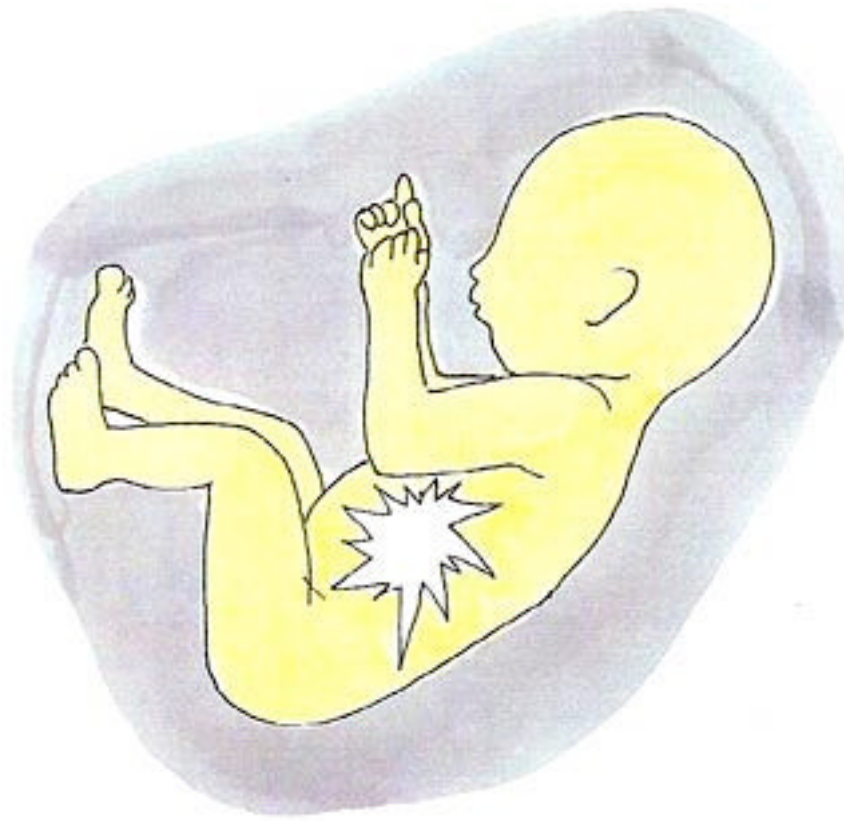
A Breath Prayer Book

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When you were first created,
deep in side your mommy's tummy,
God touched you with a little spark of light.
That little spark of light was God's love
and it made you move and wiggle and stretch.



**And as you moved and wiggled and stretched,
that light got a little bigger.**

**You grew and grew
because God's light was inside of you.**

And then... you were BORN!



**You looked around and saw lots of people loved you.
And as you looked into their eyes,
you saw the light of God that was inside of them as well.**



**You grew and grew until today,
and now you are big and strong and wonderful.
And guess what? God's light is still inside of you!**

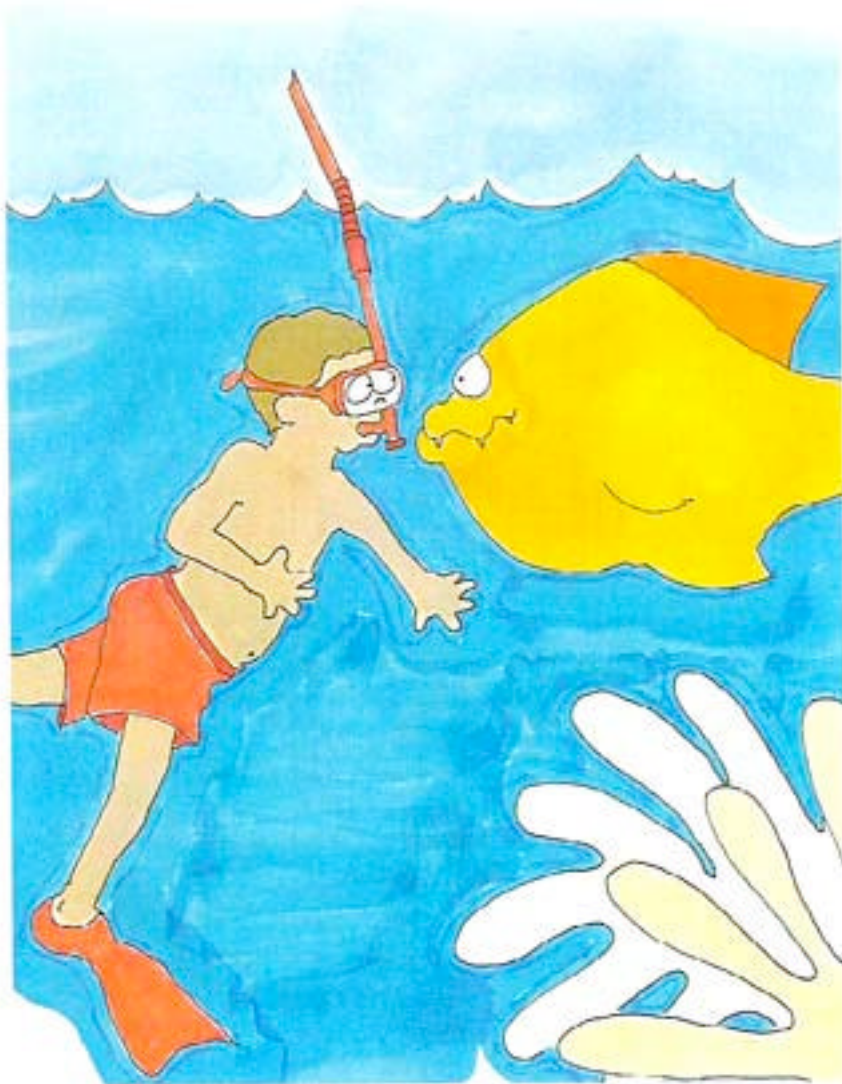


**Shut your eyes, feel deep inside
and you will feel a bright, happy, warm light.
Feel it?
That is God's light!**



**Now, keep your eyes closed
and breathe in and breathe out.**

**When you breathe in,
you can breathe in more of God's light
and your light inside
will get bigger and feel warmer.**



And when you breathe out,
you can breathe out anything
that feels icky
or dark or sad or lonely.



**This is called a "Breath Prayer"
and you can do it whenever you need it.
As you do it, the light will get
brighter and brighter
and warmer and warmer
and you will feel God's light of love
getting closer and closer.**



Let's try it!

Slowly, breathe in God's light and love.

Do you feel the light?

**Now, breathe out whatever is sad,
icky, lonely or confusing.**



**Breathe in God's light again.
Feel it getting brighter and warmer?
Breathe out all those feelings
that you don't want inside.**



Breathe in...

Oh, that feels good doesn't it?

Breathe out now... long and slowly.



Breathe in...
a deep, long, light filled breath.
Breathe out.



Breathe in...

Are you feeling relaxed and loved by God?

Breathe out... breathe out slowly.

Breathe in...

I bet you are full of light now!!

Breathe out once again.



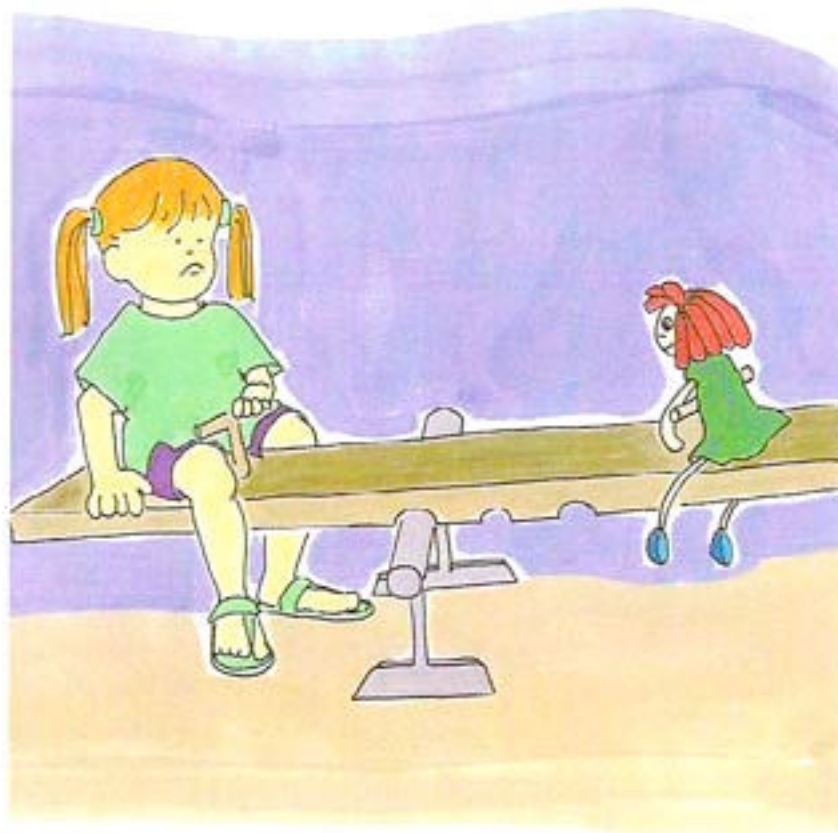
**Now just relax and enjoy knowing
that God's light of love
is always with you...**



When you are mad...



When you are sad...



When you are lonely...



When you are silly...



When you are afraid...



When you are happy...



God's light is with you!
No matter where you go,
what you do or how you feel,
you are a child made from God's light.



You are beautiful!



Breathe in...
Breathe out...



Amen!