



Living Loved Exercises

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Session 2 - Biblical Paradigm for Oneness

Homework: Breathing Exercise 2: Calm and Focused

Deep breaths, thinking of God

Video Link: <https://youtu.be/KdUXeSWmpYQ>

How

- Take a deep breath, inhaling through your nose. (Think: Sniff a flower.) Then exhale slowly through your mouth. (Think: Blow out a candle.) Inhale for four seconds and exhale for four second.
- While you breathe, think about God.
- Take 3-5 deep breaths.

When

Three times a day—morning, afternoon, and evening. Even better, breathe deeply like this whenever you think of it throughout the day—waiting at a stoplight, sitting at your desk, talking to someone.

Why

This breath trains your mind to focus on God from a restful place. Don't try to interact with God yet. Simply think about him. But if an encounter opens, yield to it.

Caution: Some people may have unpleasant thoughts or memories come to mind while doing this exercise. If that happens to you, refer to the “What to do if You're Triggered” section, including the videos, handouts, and additional resources.