# The Upper Room and the Breath of Christ

*An Air & Space Reflection and Journaling Companion*

This reflection invites you into the breath of the Risen Christ—a gentle and sacred reminder that even in locked rooms, God enters with peace. You are invited to return to your breath, to your stillness, and to the spaciousness where Christ meets you.

## Scripture Meditation

*“Jesus came and stood in their midst and said, ‘Peace be with you.’ And when He had said this, He breathed on them…”*  
— John 20:19, 21

## Elemental Wisdom

Air is the element of trust—of invisible support, of lightness, of movement.  
Space is the sacred pause between the doing—where God does the holding.

## Breath Prayer

Close your eyes and breathe deeply:  
Inhale: “Peace be with me…”  
Exhale: “Peace be within me…”  
Repeat slowly for 1–2 minutes, letting the breath be your prayer.

## Journaling Prompts

1. Where in my life is fear closing the door?

2. How might Christ’s breath be inviting me to open?

3. What would it feel like to be held, not hurried?

## Closing Intention

This is your Upper Room.  
Not a place to hide—but a space to be found again.  
Christ is already in the room. And He is breathing.  
Let your breath become your return.