

Breathe - Our Vision

SHALOM

PRAYER

JUSTICE

COMMUNITY

Shalom

After Jesus rose from the dead, two phrases he often used when speaking with His disciples were: *'do not be afraid'*, and *'peace be with you'*. They embody the heart of what Jesus had in mind for this early Christian community and he wants this for us today too.

This peace, or 'Shalom', of Christ is the hallmark of His Kingdom here on earth and is a foretaste of what will ultimately be true for all creation. But it also refers to a wholeness or completeness: a life and a world where things are the way they should be, characterised by well-being, justice and integrity.

Breathe wants to challenge us to allow our place, our time and our lives to be completely filled with God in seeking this Shalom world. We want to help young people explore this Shalom vision and what it might mean for their lives.

Prayer

Prayer has always been at the heart of our vision for Breathe. Someone said, *"prayer doesn't help our relationship with God, prayer is our relationship with God!"* Prayer is a raising of our hearts and minds to God, and to his presence and action in our world.

The first disciples asked Jesus, *"teach us to pray"*. On Breathe, prayer is the way we begin, end and engage in all we do, and we learn different

styles of prayer so that everyone on our holiday can have the opportunity encounter God and discover what good purposes He has for their lives.

Justice

Justice is about making things right – about all things in God’s creation being transformed into what He intends for them to be. Justice describes a people in right-relationships with God, each other, and the world, who worship Him in spirit and truth. Justice describes a people who live with one another in love and forgiveness, and a universe that flourishes in all its elements, where everything is seen as sacred.

God calls us to have an active role in this work of establishing justice first in our lives and in our world. We do this on Breathe by centering on Jesus, learning from the Bible, engaging in our world through seminars, and learning new skills in workshops so that we can better work and play together.

Community

Breathe is not just a residential experience, it’s young people and leaders feeling a sense of belonging to each other, to a community that is nurturing and empowering, where each person is welcomed for who they are and where their perspectives, experiences, passions, gifts, skills and talents are part of what make the whole work. The Bible describes this community the *Body of Christ*.

The African concept of Ubuntu says ‘*I am because we are*’, which is why we create space for people to connect, get to know each other, pray together, play together, eat together, hear from each other, share stories and think about how we engage with our world together.

We encourage young people to come back to Breathe as a yearly ritual and to build friendships that last beyond the residential experience.