

Breathe

Week 1

Finding Peace in a Pressured World

Introduction

- God led this series because many are feeling tired, overwhelmed, and burned out.
- The Lord's message: Stop! Take a deep breath, refocus.
- This is not a pity-me series but a call to go deeper, receive more, grow stronger.
- Rest in God is active, divine fellowship, not inactivity.

Series Scriptures

Psalms 127:1-2

"Unless the Lord builds the house, the builders labor in vain... He grants sleep to those he loves."

- True security, prosperity, and rest come from trusting God, not human effort.

Matthew 11:28-30

"Come to me, all who are weary, and I will give you rest... my yoke is easy, and my burden is light."

- Invitation to find soul rest in Jesus.

Deep Breathing vs. Shallow Breathing

Deep Breaths:

- Draw air deeply into the lungs, expanding the diaphragm
- *Increases oxygen* for the blood and the brain
- Activates the *parasympathetic nervous system* — body's "rest and restore" response
- Reduces stress hormones, lowers heart rate
- Enhances focus and emotional stability
- Symbolizes intentional rest, trust, and slowing down to receive God

Shallow Breaths:

- Air stays mainly in the upper lungs and the shoulders, tense
- Trigger the *fight or flight* response
- Cause tension, fatigue, and anxiety
- Useful for quick energy or focus, but not for spiritual restoration

Key Point:

- *Shallow breathing* helps you react; *deep breathing* enables you to recover and restore.

Psalms and Emotions:

- Psalms are prayers and expressions of real feelings during life's struggles.

Psalms 42:

- Written by Sons of Korah
- Expresses longing to connect with God amid dryness and despair
- Recognizes that true rest and vitality only come from "hope in God"
- Rest outside God's presence isn't real rest

Biblical Foundations of Breath and Life

Genesis 2:7:

- Man became a *living being* when God breathed life into him
- God's act of breathing was unearned; it was pure grace
- To become alive again, we must return to God's breath

Ezekiel 37 (Dry Bones Vision):

- Bones didn't earn wind or breath—life came through God's Spirit
- Connection between creation, revival, and divine breath

John 6:63 / John 20:19-22:

- *The Spirit gives life* — Jesus breathes His Spirit on His disciples
- The sound of mighty wind (Acts 2:2) signifies God's Spirit blowing anew

Question for Reflection:

- When was the last time you took a deep breath from the Spirit of God?

Altar Call / Response:

- Seek salvation and renewal
- Pray:

"God, I am busy and stressed. I long to be in your presence. Breathe your Spirit into my dry bones. Restore my life and give me peace."