

Breathe

Week 4

Breathing in God's Waiting Room

Isaiah 40:28-31 (NIV): “Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

Losing our breath, having the wind knocked out of us

a. This is the moment the Bible calls waiting.

The "in-between"/the journey

The spiritual waiting room.

Life of David

a. David KNEW the Lord (time alone with the Lord, unlike his brothers)

David's Journey Teaches Us How to Breathe in the Waiting Room

i. God anoints David as a shepherd boy.

ii. And then... nothing.

iii. Years of waiting.

iv. Years of running.

v. Years of fear, betrayal, caves, loneliness.

Psalm 27:13-14 (NIV):

a. “I remain confident of this: I will see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and take heart and wait for the Lord.”

Psalm 27:13-14 — David's Breath Prayer

a. “I am still confident of this...”

b. “I will see the goodness of the Lord...”

In the land of the living...

i. Here on earth, this side of eternity

c. “Wait for the Lord; be strong and take heart...”

“Don't faint here. Don't collapse here. Breathe. God is still coming.”

Isaiah 40:31

The Breath of God Revives What Looks Dead (Ezekiel 37:1-14)

“David learned it. Isaiah proclaimed it. And Ezekiel saw it.”

- i. Dry bones had no strength
- ii. No breath
- iii. No hope
- iv. But when the Spirit breathes — life returns

Anywhere the Spirit shows up, **life** shows up.

God’s breath changes everything.

The Honest Question: What Has Been Suffocating You?

- Anxiety
- Fear
- Hopelessness
- Stress
- Comparison
- Bitterness
- Hidden sin
- Disappointment
- Weariness

What God Does in the Waiting Room

- And in the waiting room...
- God breathes.
God restores.
God renews.
God strengthens.
God lifts.
- God prepares.
- God heals

This is where your strength returns.

This is where your breath returns.

God meets you in the waiting as you look expectantly for Him.