

Breathe

Week 5

Breathing Life Into Others

Main Theme: Spiritual CPR - Breathing life into others through encouragement, support, and love.

Introduction

- Importance of breathing life, akin to providing spiritual CPR.
- Acknowledgment of those who have offered support in our lives.

Scriptural Foundation

- **Jeremiah 17:7-8:** Trusted, planted, and rooted in God.
 - Spiritual maturity involves being rooted in faith and community.
- **Assessment of Atmosphere:**
 - Healthy vs. unhealthy environments (maturity).
 - Reflect on personal impact—do you bring oxygen or deplete it?

The Choice of Impact

- **Faith vs. Fear:** Are you uplifting or suffocating those around you?
- **Microscope vs. Telescope:**
 - Microscope: Over-scrutinize shortcomings.
 - Telescope: Focus on potential and possibilities beyond current limitations.

Biblical Examples of Breathing Life

1. **Jonathan and His Armor Bearer** (1 Samuel 14:6-7):
 - "Do all that you have in mind; I am with you heart and soul."
2. **Galatians 6:2:**
 - "Carry each other's burdens"—not to fix, but to support.
3. **Gideon's Encouragement** (Judges 6:12):
 - Recognizing the potential within others.
4. **Barnabas, Son of Encouragement** (Acts 4:36; 9:26-27):
 - Advocacy and opening doors for Saul.

Be a Refreshing/Restorative Person

- **Proverbs 11:25:**

- o "A generous person will prosper; whoever refreshes others will be refreshed."
 - Metaphor of a pitcher of water:
 - o Encouraging, supporting, fostering positivity.
 - o When you pour into others, God refreshes you.

Encouragement in Community

- **1 Thessalonians 5:11:**
 - o "Encourage one another and build each other up."

The Ministry of the Holy Spirit

- **John 16:17:**
 - o The Comforter will come to guide and support.
- Filling and encouraging:
 - o The Holy Spirit increases and restores rather than depletes.

Reflection

- After interactions, do people feel uplifted or diminished?
- Aim to lift one another up and actively support each other.

Conclusion: Communion and Community

- **Acts 2:42, 44-47:**
 - o Commitment to teaching, fellowship, and breaking bread together.
- **Augustine of Hippo:** "No one should be a Christian alone. The Church is a community of those who believe and gather to share the good news."

Call to Action:

- Find others to encourage and pray with, breathing life into those around us.

Closing Thoughts: Let's embody the spirit of encouragement, supporting one another in love and faith as we navigate life together.