

Spiritual Breathing

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REVIEW LAST WEEK'S NEXT STEPS

What, if any, next step did you commit to last week, how did it go?

- ☐ I will do my own personal study to learn about the resurrection of Jesus.
- ☐ I will plug into the resurrection power of Jesus in my life and circumstances.
- ☐ I will be a conduit of God's resurrection power to people who desperately need it.
- ☐ I will live with the perspective that anything is possible because of the resurrection power of Jesus.

THIS WEEK'S SERMON RECAP

Breathing is an essential part of human existence. In order to survive, we must breathe to get rid of the toxic carbon-dioxide and replace it with the oxygen that gives us life. Just like the air we breathe, spiritual breathing is essential to our spiritual health. The Holy Spirit is with us in the air that we breathe, guiding us and supporting us as we go about our day. We have the ability to breathe out what is toxic inside of us, our fears and anxieties, and breathe in the Spirit of God which is love and joy, guidance, wisdom and courage. The same God that gave you life longs for nothing more than to breathe life into you if you will let Him. Breathe in the love of God. Breathe in, breathe out.

DISCUSSION QUESTIONS

1. Has there ever been a time at which you were struggling to breathe spiritually? What did that feel like?

2. Paul says, “Pray for all the Lord’s people, because the Spirit’s available to all of them” and then says, “Pray in the Spirit on all occasions.” Matt notes that Paul is quite serious about that phrase. Why do you think that is?

3. Read together Ephesians 6:18. What do you think it means to pray in the Spirit?

4. Read together John 7:38-39. As human beings, we were created to live in dependence on God to be fully alive. What do you think that means? What role does spiritual breathing take in this aliveness?

5. Throughout Scripture, at certain key moments, the Spirit of God would come upon individuals and breathe life into them— calling them towards something great. Can you think of any examples from Scripture? How did these people respond to this breath of life?

6. Matt talks about how God has given us all certain gifts and abilities and wanted to quicken and enhance and enliven them. He wants us to work in the Spirit. What are those gifts and abilities you believe God has given you? What do those abilities mean to you? What would it mean for you to work in the Spirit?
7. Does spiritual breathing play any type of role in your current day to day life? What does that look like? What would you want it to look like?
8. Think of some of the toxic things inside of you that you wish to breathe out. It could be anxiety, problems, or any type of fear. Which do you feel is the most difficult for you to let go? How will you work through that this week?
9. Breathing in the Holy Spirit and breathing out the toxicity inside of us can be difficult. How can you as a group hold each other accountable as you practice spiritual breathing this week?

NEXT STEPS FOR THIS WEEK (SPIRITUAL BREATHING)

- ☐ I will practice spiritual breathing this week.
- ☐ I will breathe out what is toxic inside of me – anxiety, problems, and fears.
- ☐ I will breathe in love, joy, peace, guidance and wisdom from the Holy Spirit.
- ☐ I will be open, sensitive, listening, and responsive to the ministry of the Holy Spirit.

SCRIPTURE REFERENCES

- Genesis 2:7
- Psalm 104: 29-30
- Romans 8:2
- John 7:39-39
- 2 Samuel 23:2
- Judges 15:14
- 1 Samuel 10:6
- Exodus 31:1-5
- Numbers 11:29
- Joel 2:28
- John 20:21-22
- Ephesians 6:18

Prayer Request(s)
