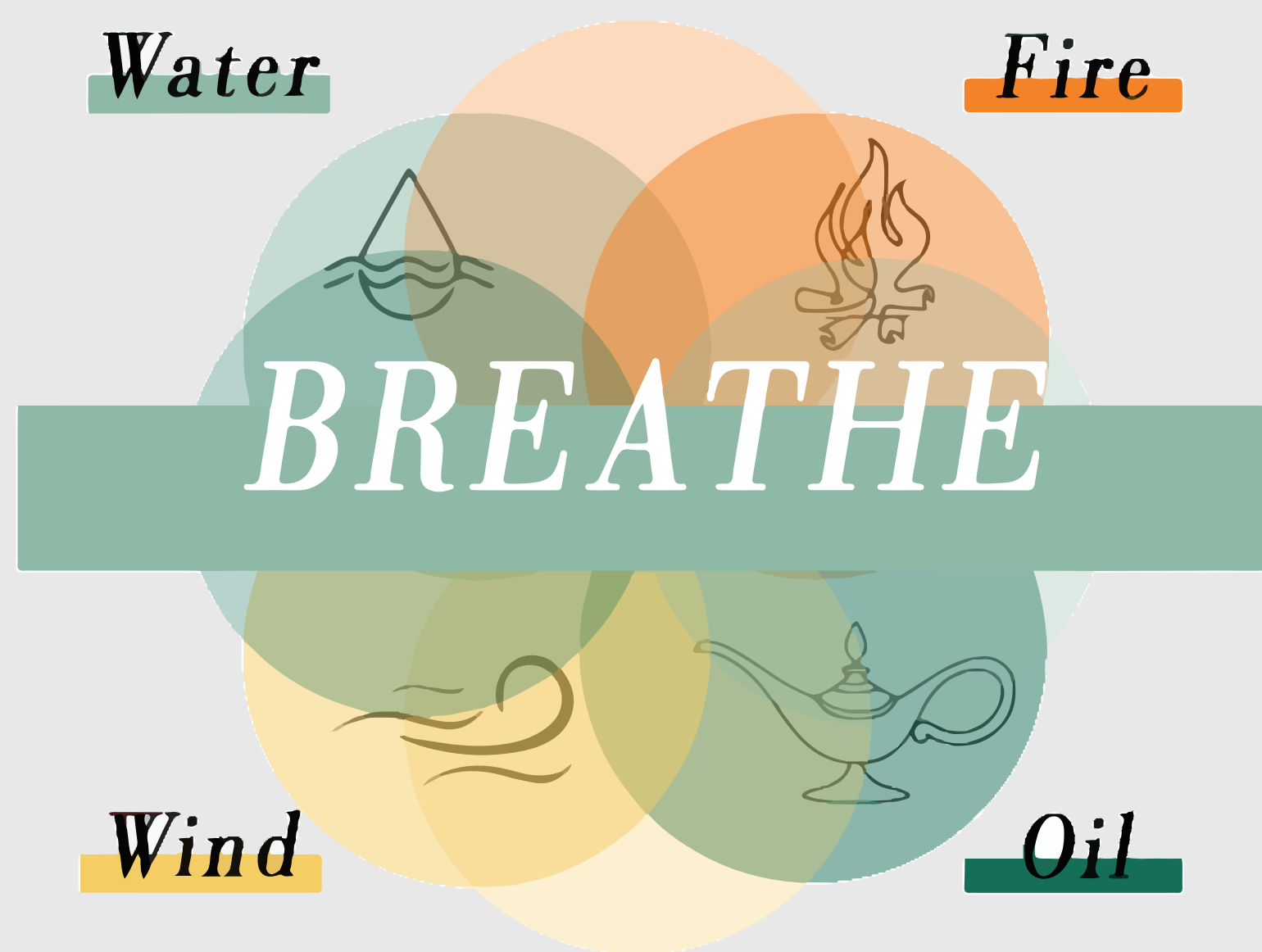
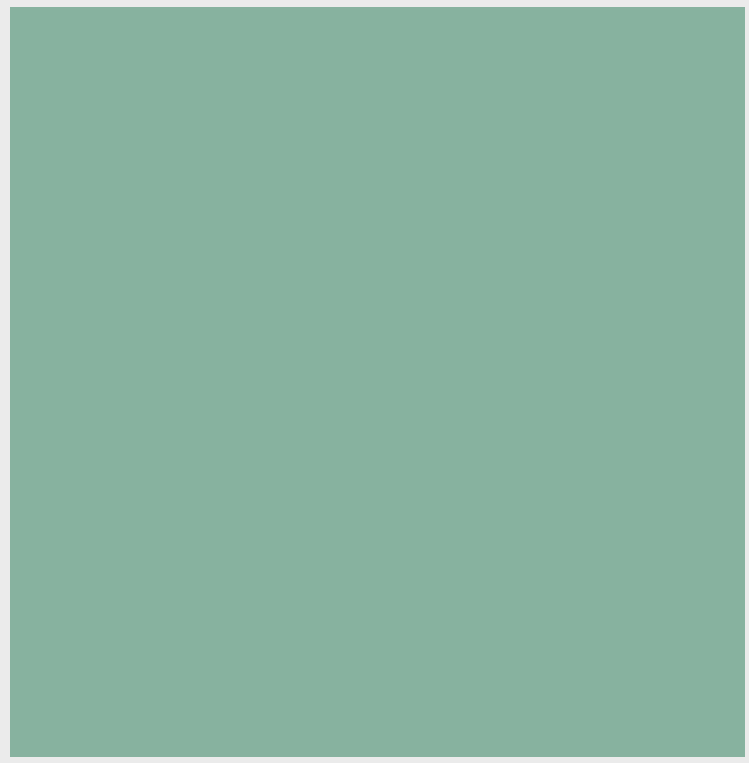


# Weekly Journal



*Breathe: Coming Alive Again*

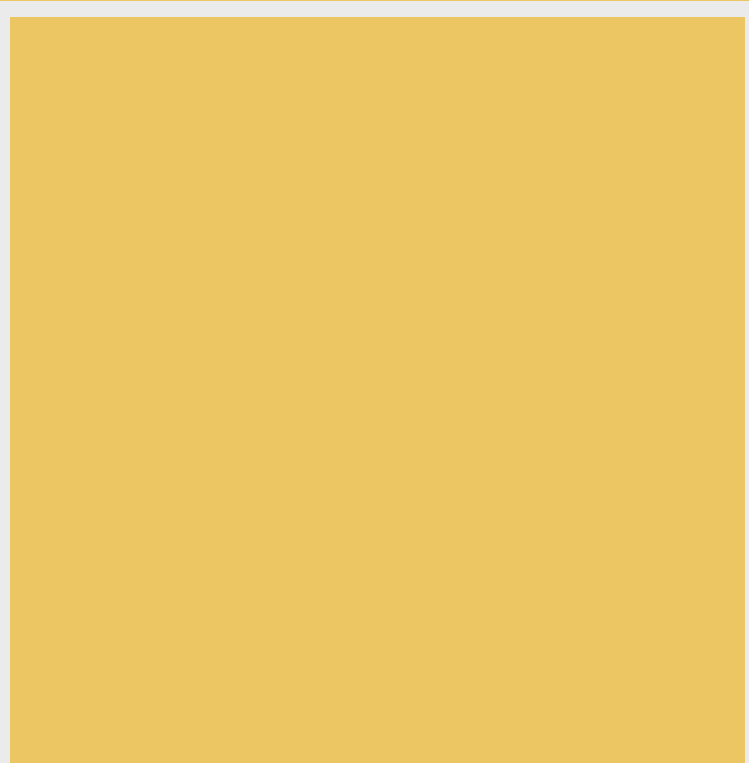




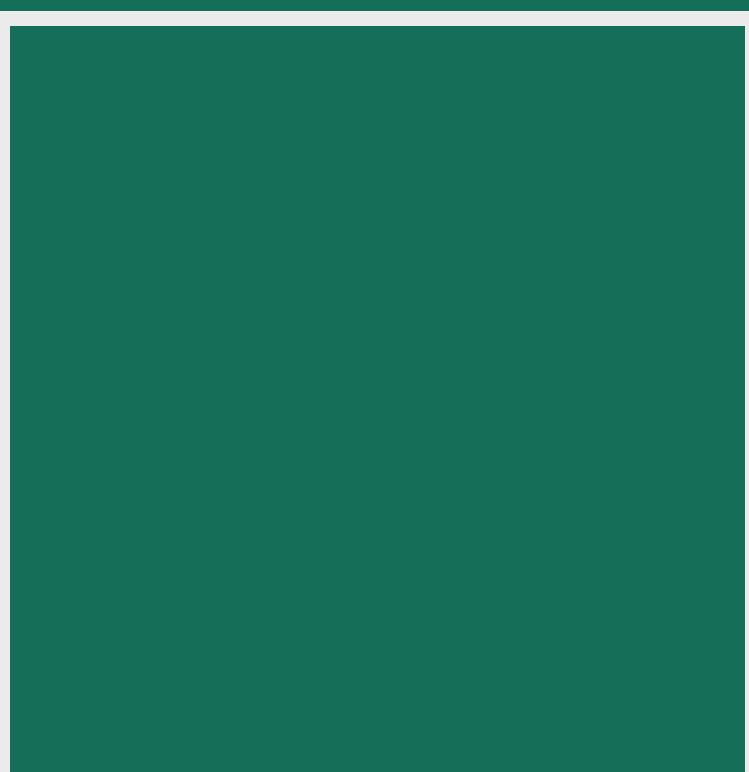
*Water*



*Fire*



*Wind*



*Oil*





# *Breathe: Intro*

*BREATHE: experience the life-giving practice of breathing in deep to encounter the Holy Spirit: water, fire, wind & oil.*

*During this season of waiting, we are asking that each of you create the necessary time & space to complete these devotions. As we journey through this series together, it is our hope that each of you will not only encounter a personal God, but be transformed by the power of the Holy Spirit. These journals are not only words on a page, they are written & inspired by church members who have experienced the first-hand, tangible help of God. It is our sincere prayer that you carve out time to journal along with us as we learn about & experience the Holy Spirit together.*

*Take a deep breath, and turn shallow breaths into soul-filling rest.*

# Oil

*noun – a viscous liquid derived from petroleum, especially for use as a fuel or lubricant.*

## *Journal Entry - 3/22:*

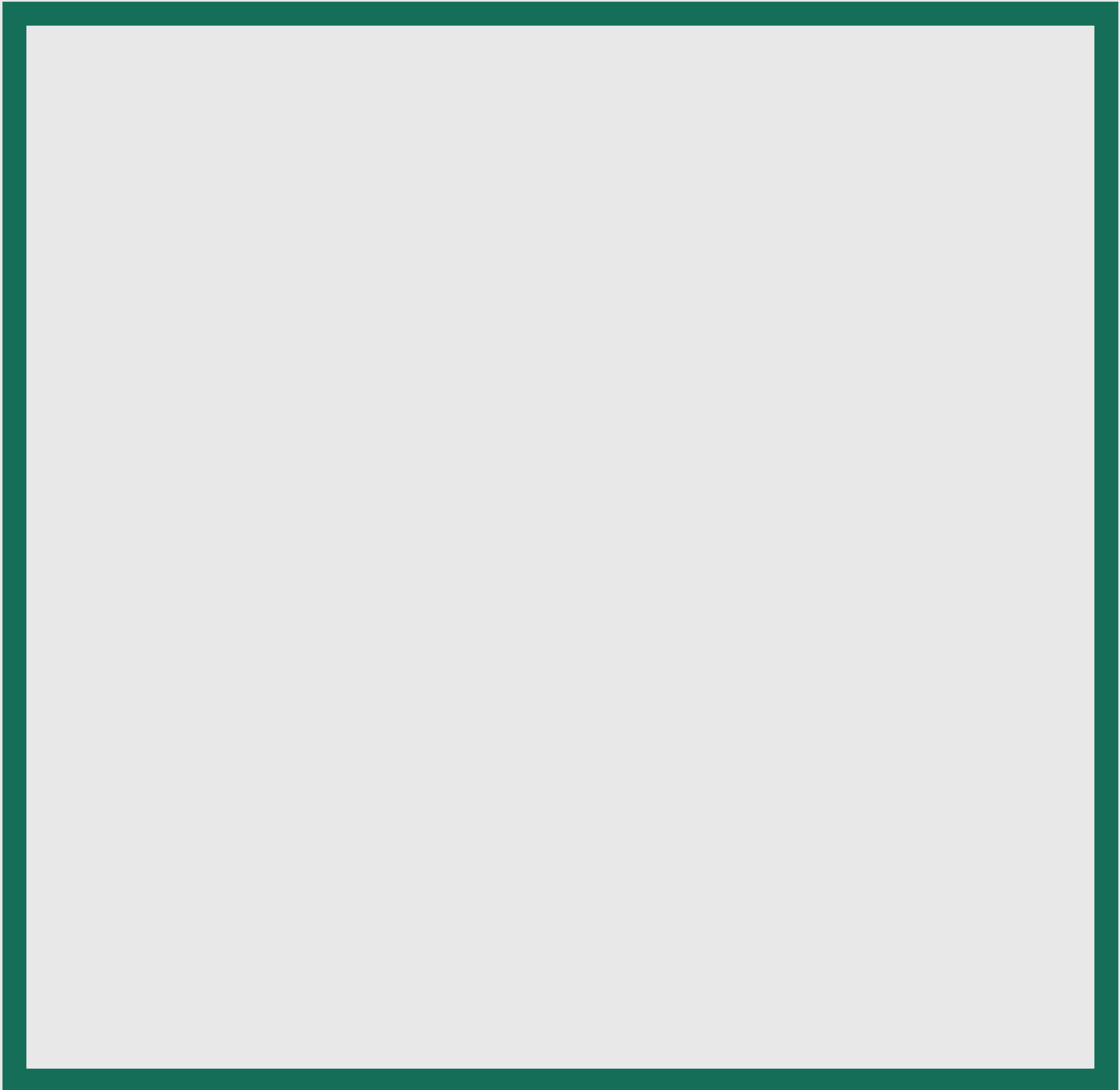
I'm sure we could all go toe to toe on who we think is the greatest basketball player of all time. To some, there is no contest, it is and will always be, Micheal Jordan. To others, Lebron James is showing up and showing out as each season of the NBA passes! Here's the thing: some call these players the "G.O.A.T" which means, the greatest of all time. Let's take that a step further, the O.G. (original) G.O.A.T is Jesus Christ. There will never be a contest there. To even begin understanding the symbol of oil and the Holy Spirit, we must take a close look at the O.G. anointed one.

Acts 10:38 reads, "You know of Jesus of Nazareth, how God anointed him with the Holy Spirit and with power, and how he went about doing good and healing all who were oppressed by the devil, for God was with him." It is true, Jesus was anointed to do great works - to heal the sick, make the dead man come alive and allow the blind to see! His anointing is what allows us to do the same. In fact, we are anointed to do even greater things! John 14:12 reads, "Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father." Wow! Can you believe it? If we will believe in Him, can we do even greater things? By the work of the Holy Spirit we can expect to be anointed to heal, just as Jesus did! We can expect to allow the Holy Spirit to move through us, just as we see with Jesus! We will be shooting three's from downtown all day! Just like MJ.

# *Respond:*

As you reflect on Jesus' example of healing, set aside five minutes to pray for others who need healing. Pray for the bodies of those you know affected with serious illness or disease, pray for healing in Jesus name. Allow the Holy Spirit to speak with you & call names to your mind.

*Write your response here:*



## *Family Response:*

As a family, take a nature walk. As you are walking through your neighborhood or park, discuss the Holy Spirit with your children or spouse, or friend. Recall times in your life where you have tangibly thanked God for healing.

# *Oil*

## *Journal Entry - 3/24:*

We live in the 21st century, in America, with running water, electricity and refrigerators! Can I get an amen! In the time when Jesus was alive, you couldn't just turn on a light switch for light, instead, you had to place oil under a lamp. This oil would burn and act as a catalyst to keep the fire burning and the "lights on," if you will. Honestly, my grandmother used to have the most beautiful oil lamps, which she would never allow me to touch, because I would have broken the glass into pieces!

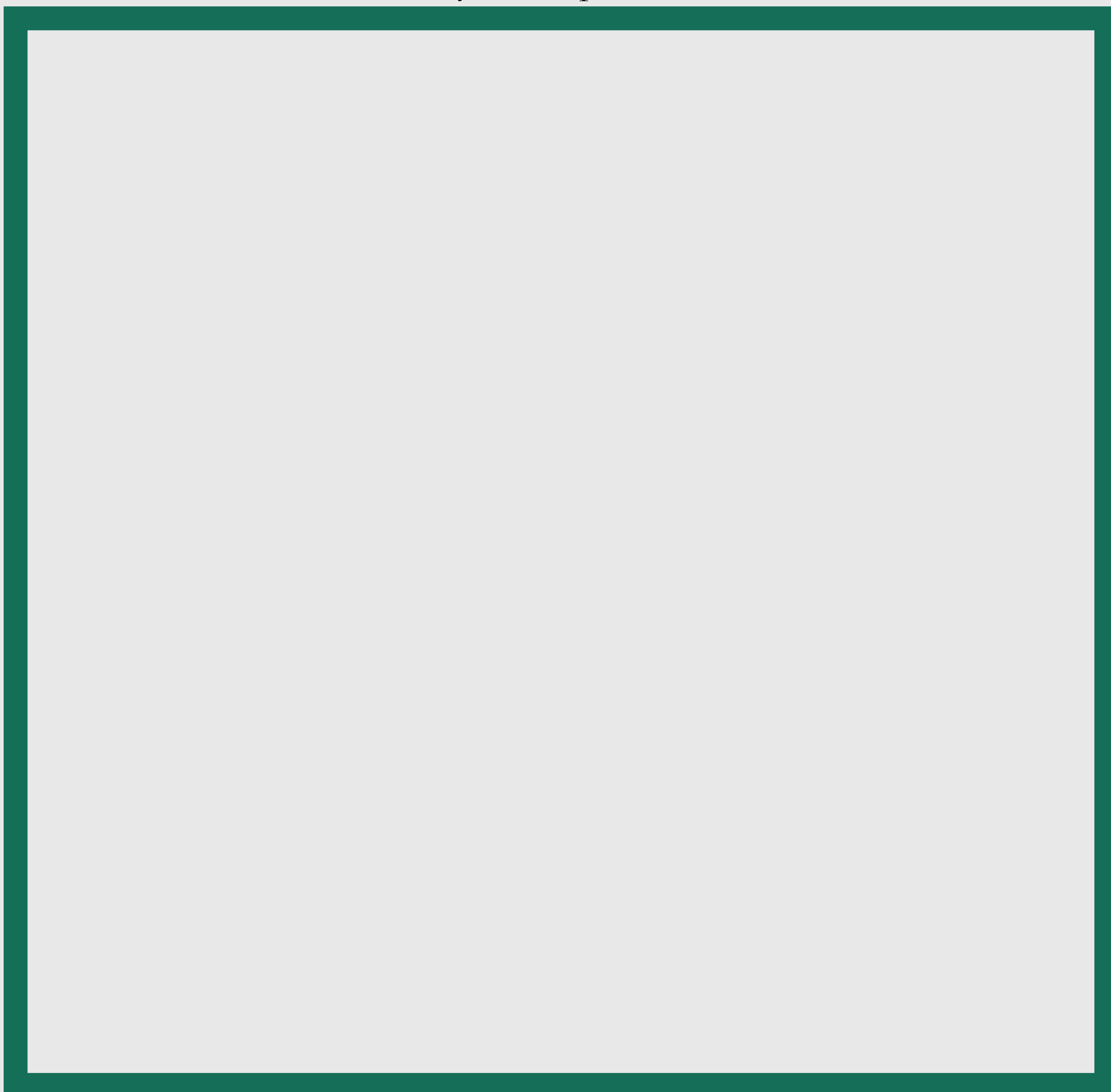
The oil of the Holy Spirit acts as the oil in these lamps! It is because of the oil that the lamp is able to hold a flame, much like the Holy Spirit's ability to illuminate to us the Word of God. As we read, as we study, as we delve deeper into the Word of God, we are free to see the work of the Holy Spirit in every aspect of who God is and the work that He is doing! Psalm 119:105 reads, "Your word is a lamp to guide my feet and a light for my path." This light is the word of God, illuminated by the Holy Spirit. The Bible states that all scripture is "God-breathed." The men that wrote these words were writing inspired by the power of the Holy Spirit! When we read the words, that same Holy Spirit helps to illuminate in us divine understanding! It is both a blessing and an honor to learn that we are able to operate in the knowledge and power of the Holy Spirit.



# *Respond:*

Take a moment to open your Bible and give thanks to God for the words. Say a prayer or song of thanksgiving as you remember and reflect on the moments in your life where the Word of God was illuminated to you through the power of the Holy Spirit.

*Write your response here:*



## *Family Response:*

As a family, take a nature walk. As you are walking through your neighborhood or park, discuss the Holy Spirit with your children or spouse, or friend. Recall times in your life where you have tangibly thanked God for His Word and the promises that He keeps in scripture.

# *Oil*

## *Journal Entry - 3/26:*

To be anointed with the Holy Spirit is to be forever changed. In our fleshly desires, it can get ugly. We can be easily irritated, lash out, become extremely impatient or even hostile. Living with the Holy Spirit is to live called to a greater purpose and more powerful life. For example, as we are living anointed by the Holy Spirit, there will be solid, concrete evidence! These evidence can be seen in the fruit of the Spirit: love, joy, peace, patience, kindness, goodness & self-control.

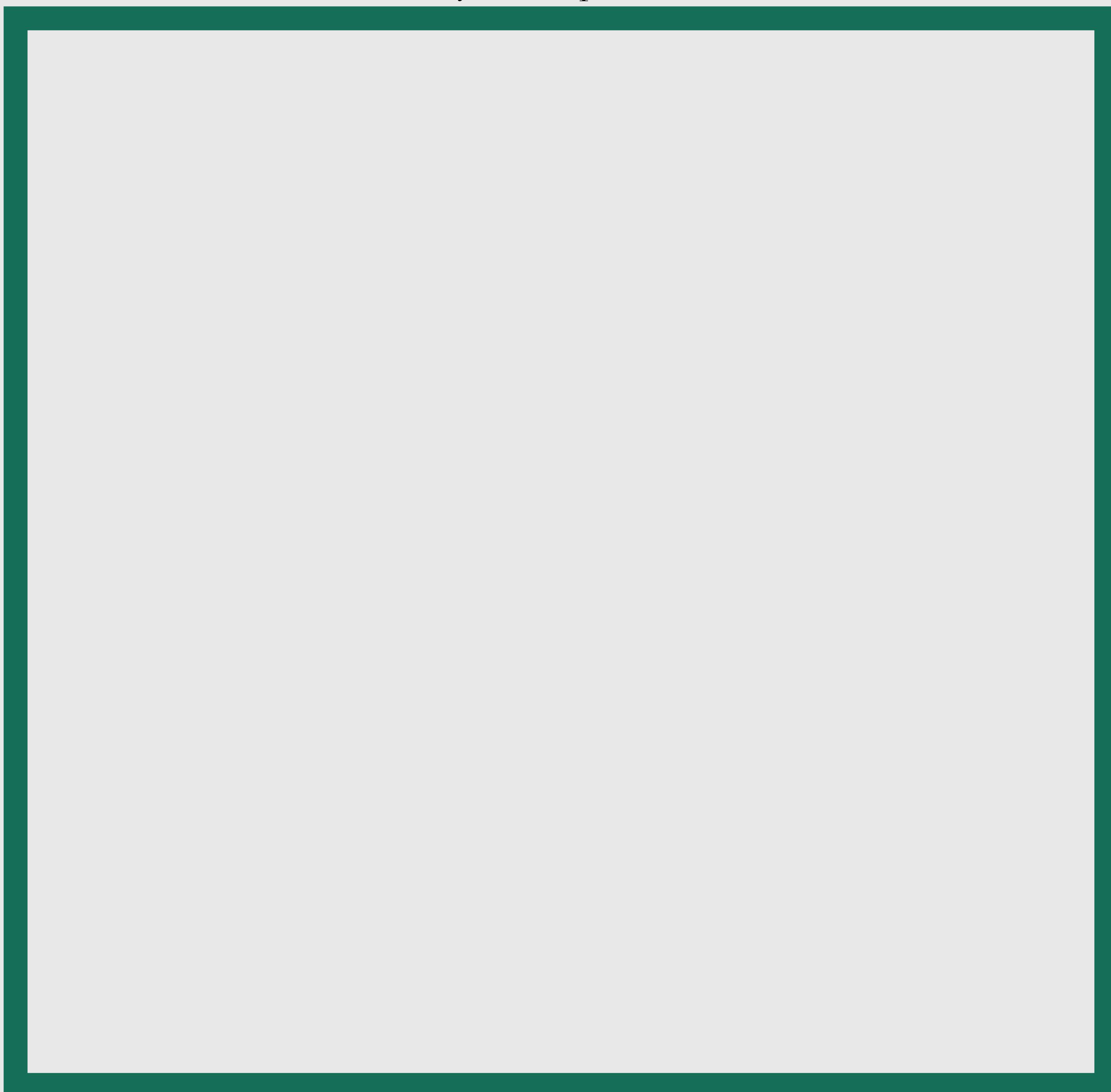
The Holy Spirit operating as the symbol of oil allows us to see clearly illuminated evidence of how we can act on these fruits in our lives. Not only that, but through the symbol of oil, we can find healing to reconcile who we are right now to who we want to become, in Jesus name. The evidence of the Holy Spirit alive in our lives comes from the fruits of the Spirit. We must examine our hearts, search deep into our soul and ask the Holy Spirit to help us see what we can't see. That is the power in the symbol of oil - He can bring light to our darkness. As we search the innermost workings of our motives, our thoughts, our hopes and our fears the Holy Spirit can help us to see clearly. We can begin to operate in the fruit of the Holy Spirit because we are living in expectation that He who began a good work in us - will see it through! He is for us!



# *Respond:*

Take a moment to reflect on the fruits of the spirit found in Galatians 5:22-23. Pray and ask the Holy Spirit to speak to you about which fruits need purifying and ask for His help. Ask that He help to transform your thinking. Open your hands in expectation.

*Write your response here:*



## *Family Response:*

As a family, take a nature walk. As you are walking through your neighborhood or park, discuss the fruits of the Holy Spirit with your children or spouse, or friend. Discuss which fruit you struggle the most with and what steps you can take to ask the Holy Spirit for guidance.