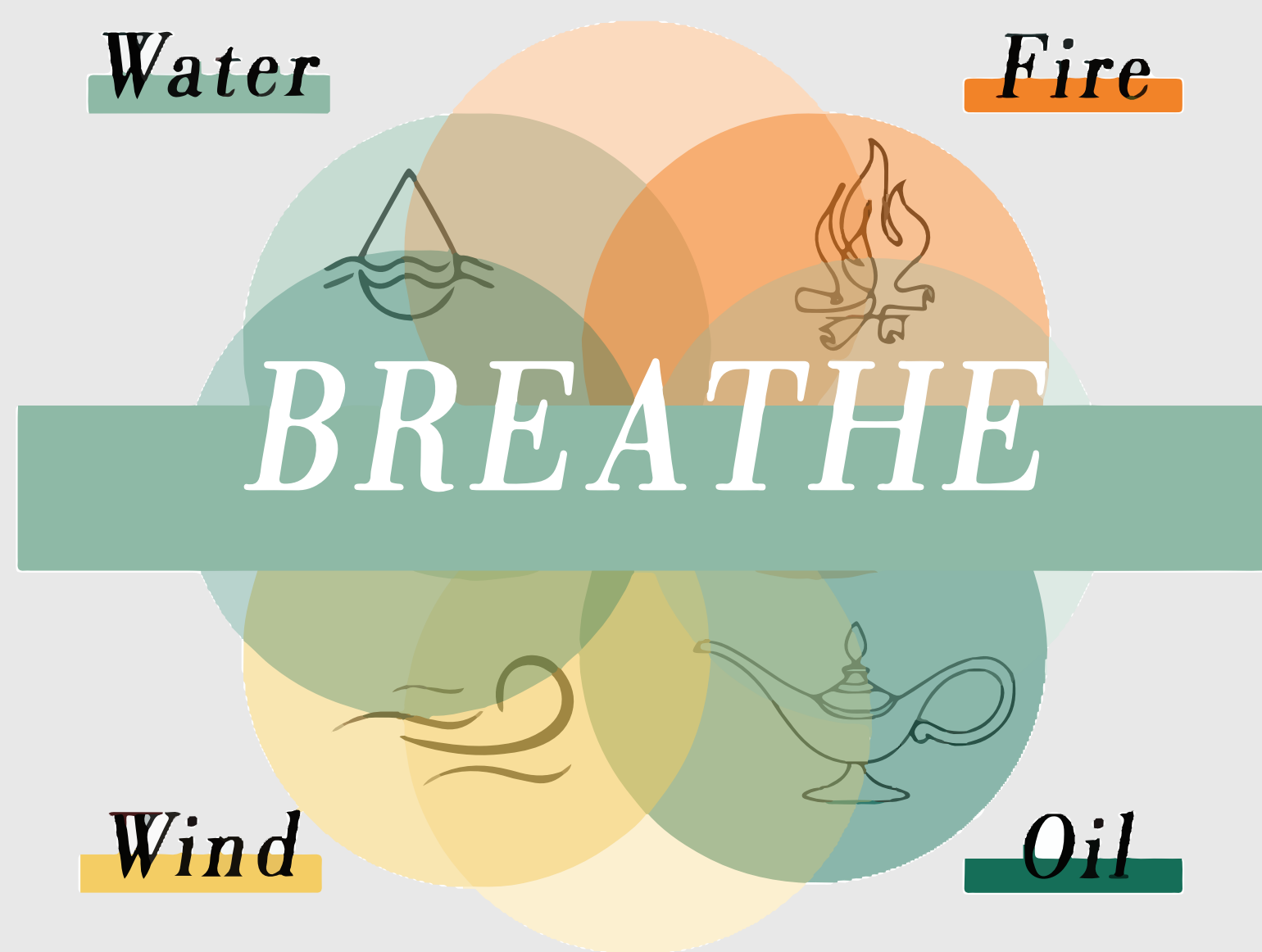



# Weekly Journal




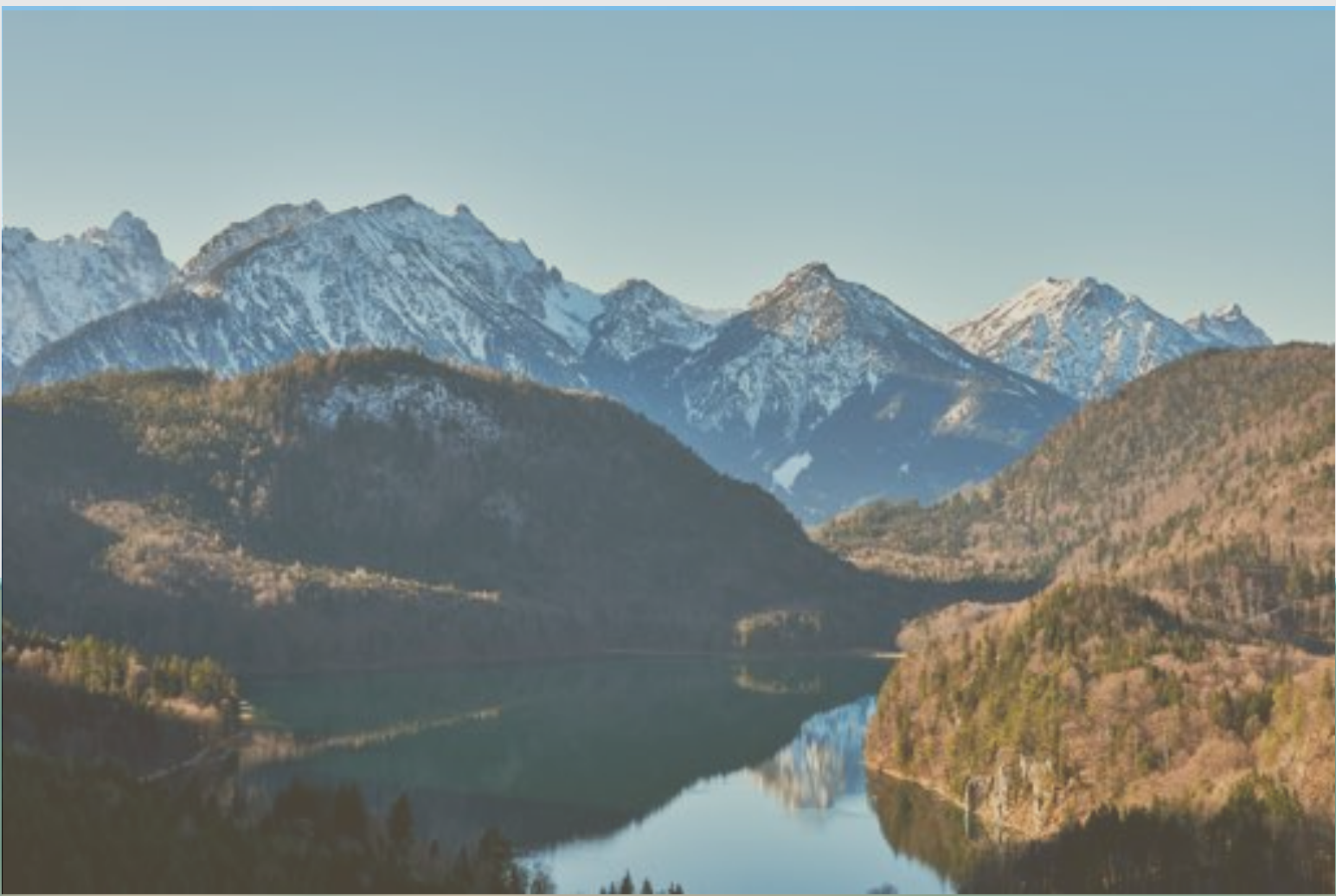
*Breathe: Coming Alive Again*





*Water*







*Fire*





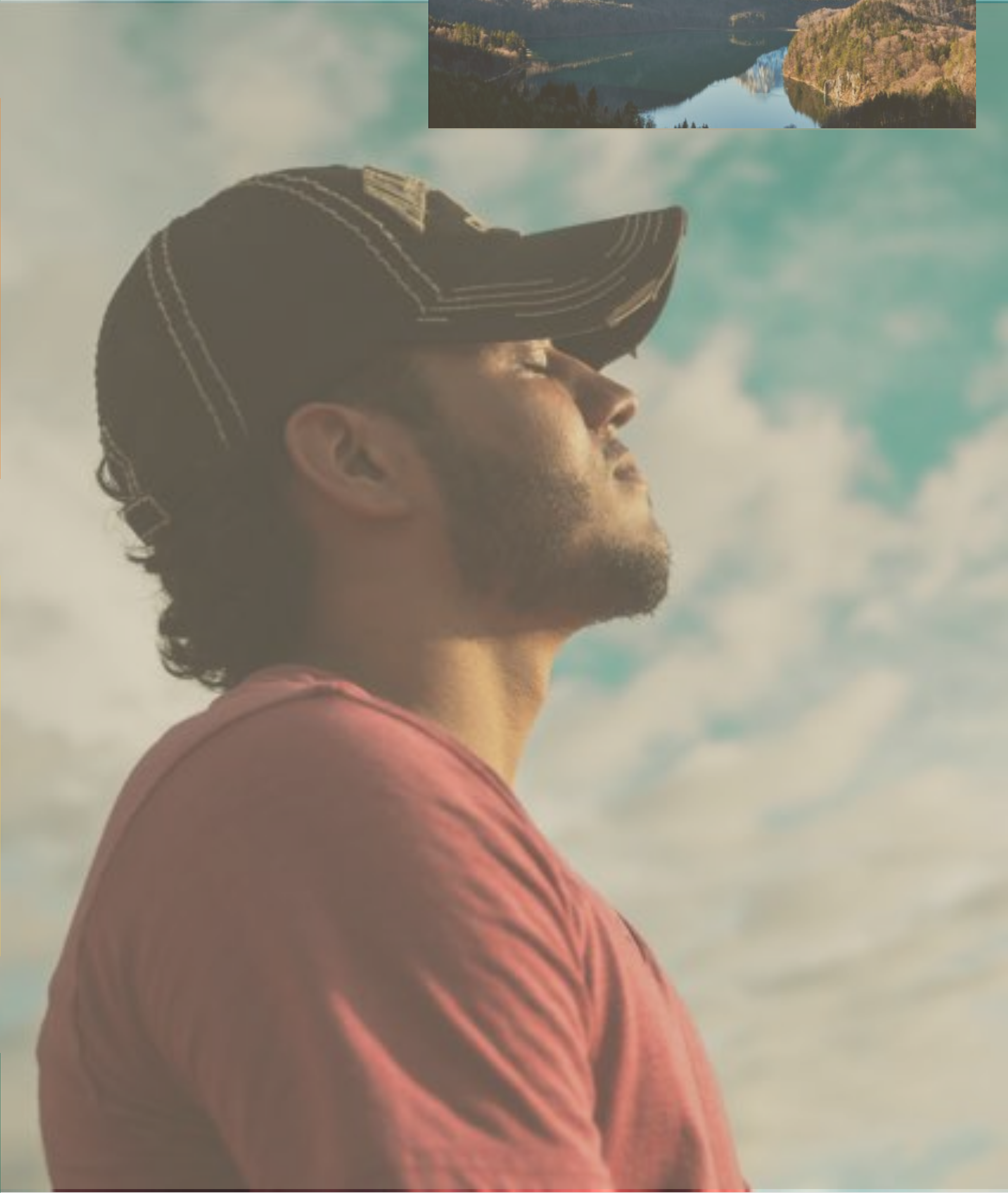
*Wind*





*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.*

# Water

*noun – a colorless, transparent, odorless liquid that forms the seas, lakes, rivers, and rain and is the basis of the fluids of living organisms.*

## *Journal Entry - 3/8:*

“She’s hyperventilating!” my wife said to me as we were backstage with our daughter, preparing for her to go on stage for her ballet recital. She was overwhelmed and afraid of the setting, the people, the stage... everything. We had to remind her that we were with her and even more importantly that God was with her. As we prayed, I could feel her taking longer, slower breaths and her body relaxing. We said “amen” and I could tell she was still afraid but that she was more trusting, more aware that she could step out onto the stage.

We’ve all had moments of panic, where our breath seemed to disappear or flood us, where we’ve doubted ourselves and even more, we’ve doubted God. The disciples faced this as they watched Jesus be crucified and buried. In John chapter 20, the story of Jesus goes from a burial to an empty tomb to an appearance to Mary and then to the disciples. On that resurrection evening, they are gathered behind locked doors, “holding their breath,” waiting to see what is going to happen. In verse 19, Jesus appears to them and says “Peace be with you!” and everyone begins to breathe a little easier, as they are overjoyed to see the Lord. Then in verse 21 Jesus again encourages them to be at peace, but not just for themselves, but because He is sending them out just as His Father has sent Him. “And with that He breathed on them and said, “Receive the Holy Spirit.” He pours out His breath on them and their lives are changed as they breathe in the Holy Spirit.

# *Respond:*

Take a moment now to calm your own hyperventilating life. Be aware of the sound of your breath as it goes in and out. Ask the Lord to help you to exhale all of your fear and angst and to breathe in the presence of the Holy Spirit that can allow you to face unknown and unpredictable circumstances in your life.

*Write your response here:*



## *Family Response:*

Talk with your family about the different things that stress you as individuals and as a family and how it impacts you physically and spiritually. Discuss the ways that we can deal with stress by trusting God and the power of the Holy Spirit.

# Water

## *Journal Entry - 3/10:*

Have you ever felt really thirsty, the kind of thirst where you'd drink anything? I feel it most when I've been biking or exercising. You know you're thirsty, but you also know that coffee or a glass of wine won't do it. You want WATER and nothing else will do! In fact most people who are trying to focus more on a healthier diet realize that they don't drink enough water. They're really dehydrated more than hungry most of the time.

The Holy Spirit is like WATER – water for our souls. In Acts 2:16, Peter quotes the prophet Joel by saying “I will pour out my Spirit on all people...” and then goes on to tell of all the amazing things the Spirit will cause: prophesy, visions, dreams and more. The Holy Spirit is poured out on God's people like water on a thirsty crowd. They know they are desperate for something but might not know what that is. God's Holy Spirit quenches their thirst and allows their dry throats to come alive with the voice of prophecy. The Holy Spirit washes their dust-filled eyes so they can see visions. The Holy Spirit cleanses their minds so that they can dream the dreams God has for them.

For many of us we are spiritually dehydrated. We've tried other substitutes for our thirst: vices, attitudes and pop psychology. But in the end, nothing will quench our spiritual thirst like the presence of the Holy Spirit, poured out on us, enabling us to go further and deeper in becoming the conduit of God's power on this earth.



# *Respond:*

Take a moment to breathe deeply. Slow your mind and heart. Listen for God's voice and feel God's presence in your mind. Ask God to pour out the Holy Spirit on you. Drink deeply of the Holy Spirit. See the Holy spirit washing your voice, eyes and mind, allowing you to do amazing things in God's power.

*Write your response here:*



## *Family Response:*

What's your favorite thing to drink and why? When do you only want water? How is drinking enough water like having enough of the Holy Spirit in our lives? What are some ways we think the Holy Spirit can help us do amazing things?

# Water

## *Journal Entry - 3/12:*

One of the most exciting things I've ever done is called "canyoning." In Interlaken, Switzerland, my friend, Ruth, and I signed up to try it out and before we knew it we were at the top of a giant waterfall. Dressed in a wetsuit and helmet, we watched our guide explain how we were going to jump off, and then allow the water to pull us forward through the rocks, like some sort of natural water slide. I knew if I waited at all I'd talk myself out of it, so as soon as the guide asked who'd like to go first, I stepped up, looked over, and jumped! The cold water surrounded me, overwhelmed me but also pulled me onward to where I needed to end up. My friend Ruth hesitated, watched others jump, and finally, riveted with fear, decided to take another option down.

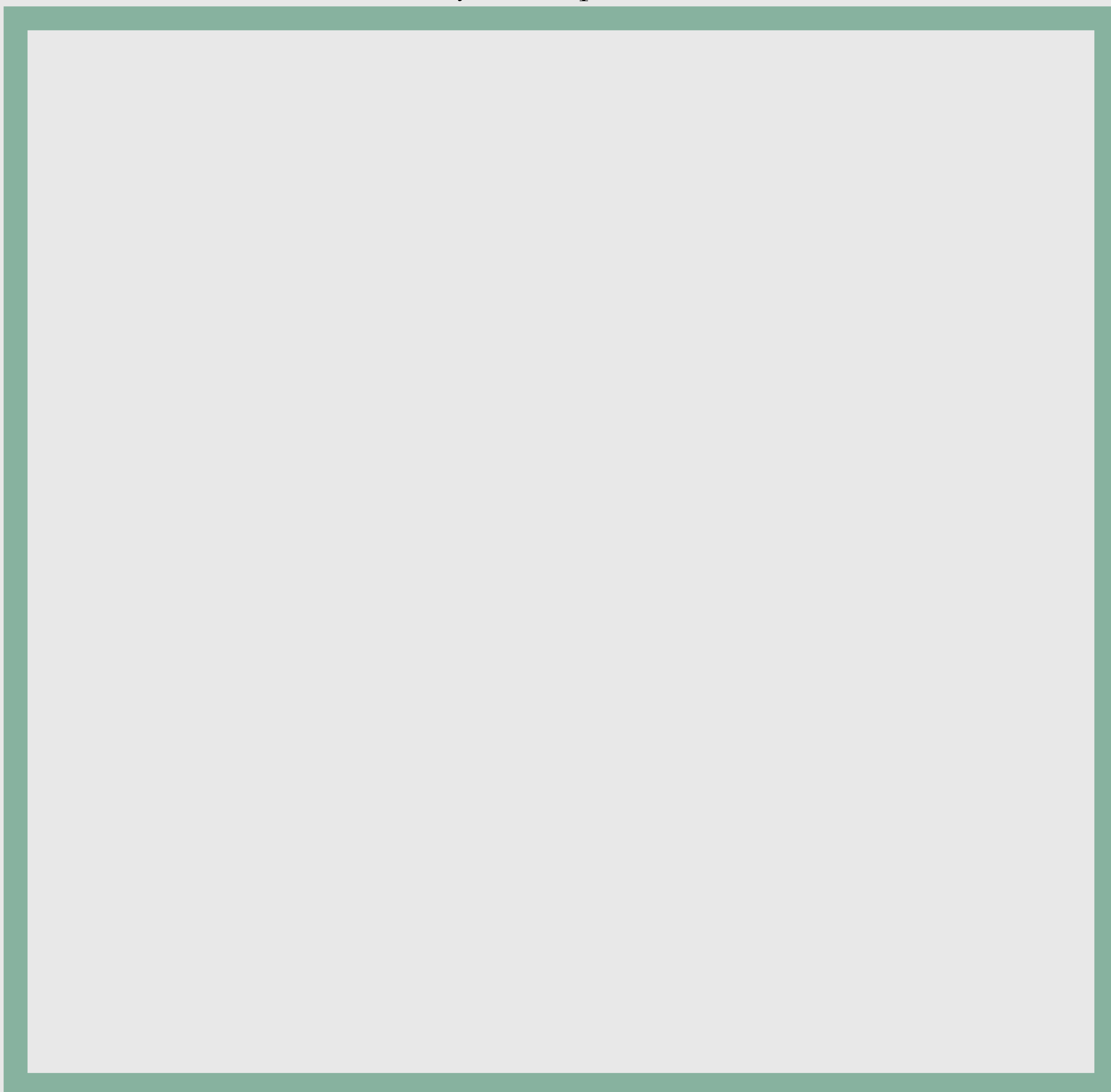
In John chapter 7, verse 37, Jesus says "If anyone is thirsty, let him come to me and drink. Whoever believes in me, as the Scripture has said, streams of living water will flow from within him." When we have faced our thirst and know that the world cannot satisfy us, we come to Jesus and drink in deeply. The Holy Spirit then fills us and the love and power of God's love flows out of us in a way that we cannot control. It can be scary to take this leap of faith and submit to God. The Holy Spirit becomes a river of life flowing out of us. It should overwhelm us and guide us forward with God's purposes and power. We can't run from or hide the Holy Spirit's living water running through us.



# *Respond:*

Take a moment to become aware of your breath and your heart. Slow down for a moment. Drink in this living water and invite the Holy Spirit to flow through you. Allow your mind to swim in the flow of God's love and see it as it spills over onto those around you. Who do you know that needs to experience this living water? Ask God to use you as a stream of love onto some thirst friend or family member today.

*Write your response here:*



## *Family Response:*

Talk about how you've experienced water in peaceful and scary ways. Share specific ways that each of you can pour out God's love on people who need it. Name those people and spend time brainstorming how to move forward with your plans.