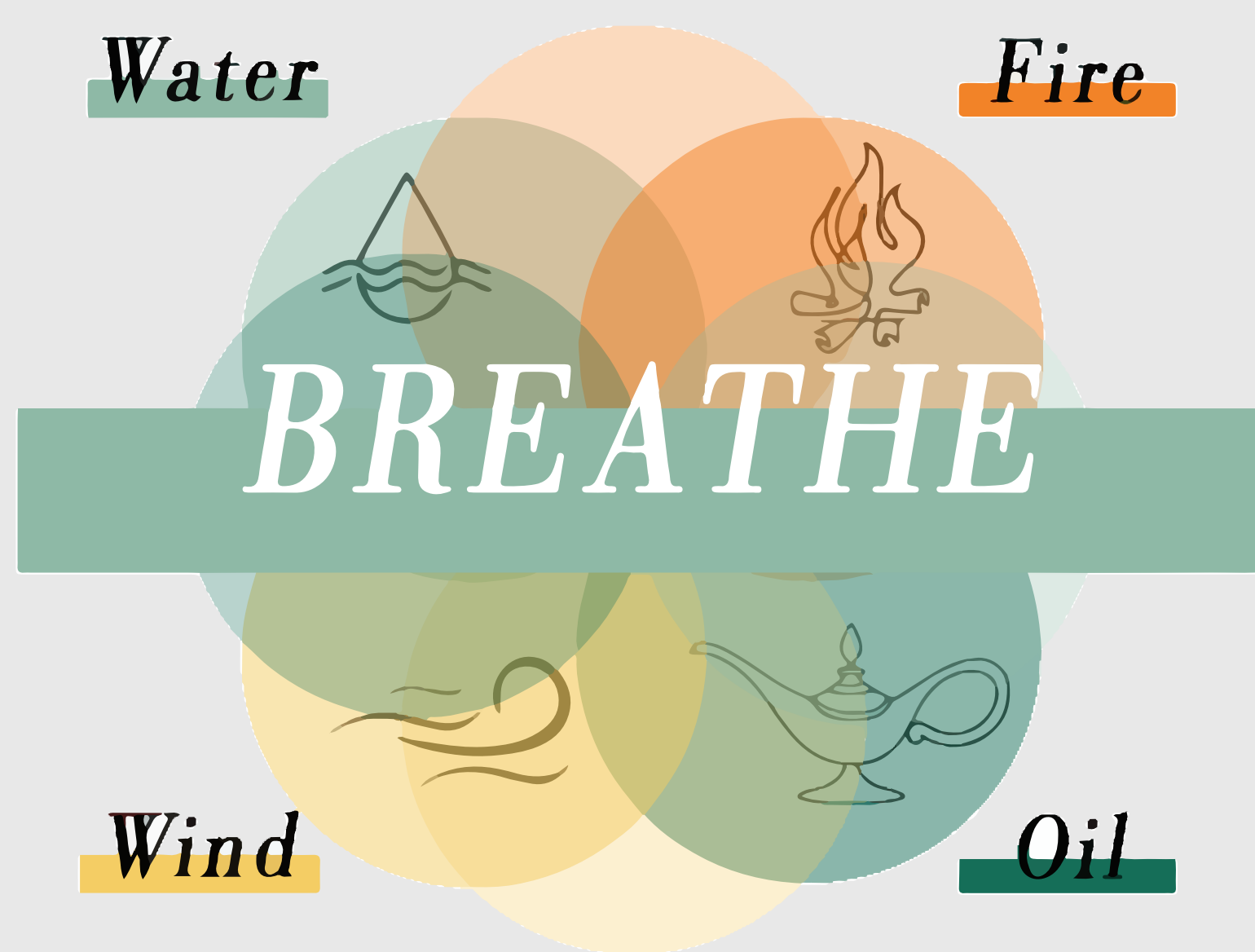
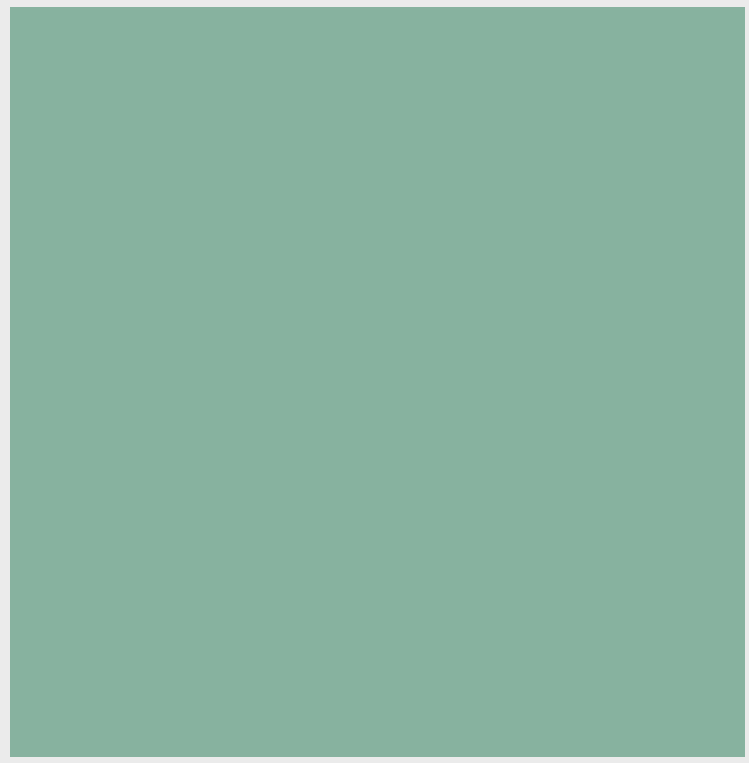


Weekly Journal



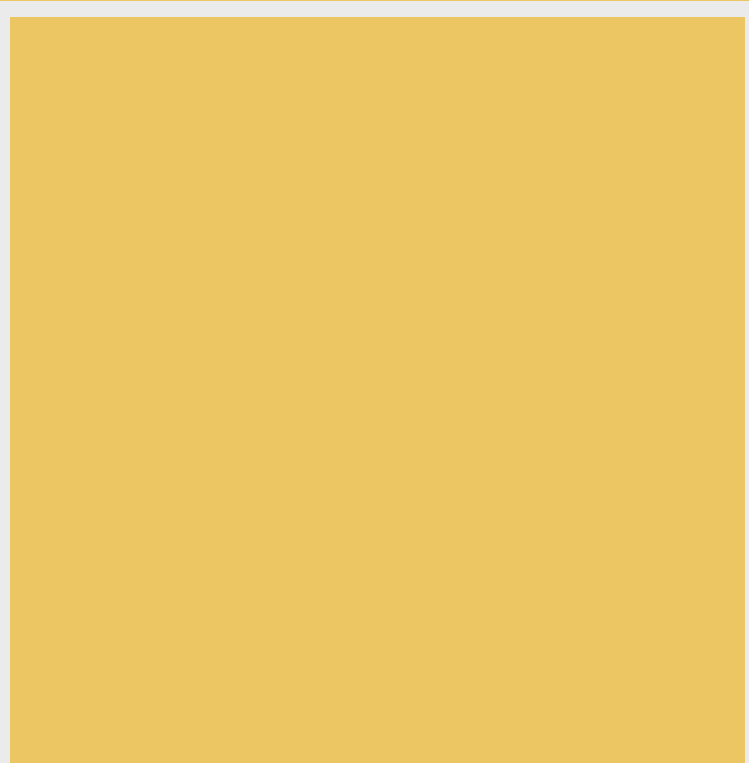
Breathe: Coming Alive Again



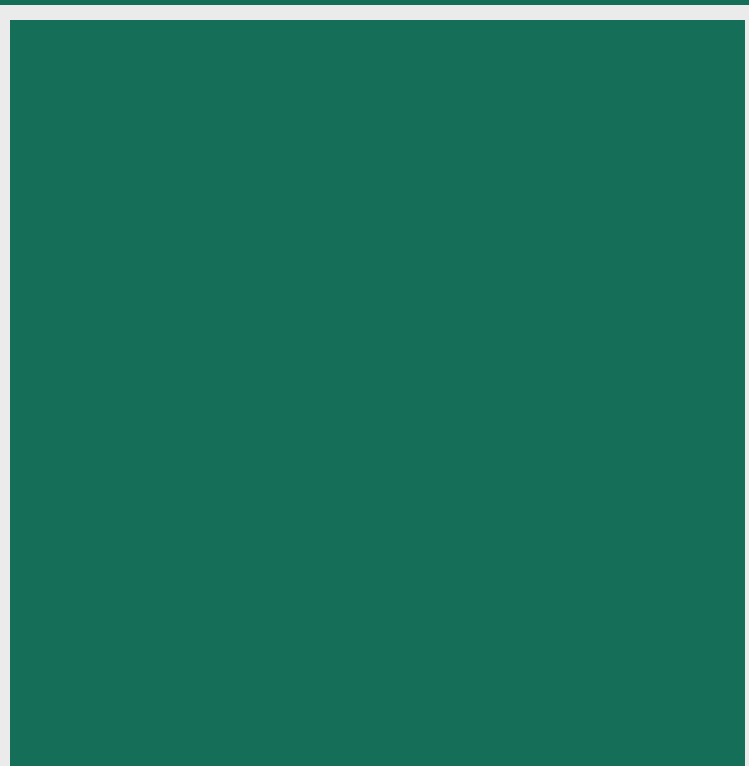
Water



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.

Wind

noun - the perceptible natural movement of the air, especially in the form of a current of air blowing from a particular direction.

Journal Entry - 3/29:

While wind isn't visible itself, we know it is present by the effects of its actions. We see the leaves sway in the breeze, we see the flags wave and the grass sway. Imagine this: you are at the beach, secluded & alone with God. You can hear the crashing waves. Feel the sun on your skin. Listen to the squawking seagulls. You breathe in and out, close your eyes and let your mind rest. The salty air acts as a healing balm to your soul.

While life doesn't always feel like a secluded day at the beach, the heart posture as we drink in the Holy Spirit's healing wind can be equally as satisfying. While life isn't a beach; there are hard times, pitfalls, failures, and distinguishable difficulties, the healing wind of the Holy Spirit is near. Job knows this pain. In the midst of his heart wrenching struggles, Job 33:4 writes, "the Spirit of God has made me and the breath of the Almighty gives me life." The refreshing, soul-filling wind of the Holy Spirit can give us life. In the middle of the trials, we can find hope. To drink in the breath of the Holy Spirit is to accept healing & hope in the middle of our mess. In fact, this healing hope is available to all who ask and believe. If that isn't good news, I don't know what is!

Respond:

Take a moment to reflect on the life-giving, soul-filling wind of the Holy Spirit. Take five minutes of silence to breathe in this wind. As you close your eyes, take deep breaths and meditate on the verse “breath of the almighty gives you life.”

Write your response here:



Family Response:

Find a jar and label it “day at the beach.” Each family member can write a promise of God on a piece of paper and place it in the jar. You can fill it with as many of God’s promises as you’d like! This week, when you need a breath of fresh air, take a paper out of the jar and remember whose you are.



Journal Entry - 3/31:

Dallas Willard, theologian and professor at Dallas Theological Seminary, writes, “We are not physical beings having a spiritual experience, we are spiritual beings having a physical experience.” As we continue to breathe in the fresh wind of the Holy Spirit, it is important to know how, and with what wind, we were created. Yes, like Dallas Willard writes, we are spiritual beings, however, this fresh wind that is breathed into the creation of the world is important to acknowledge. As we acknowledge this wind, we are able to dig deeper into who we are, in His Spirit.

Genesis 1:2 reads, “The spirit of God was moving over the face of the waters.” At the beginning of time, the Holy Spirit’s breath was moving and creating and establishing the world! The Holy Spirit plays a vital role in our spirituality! It is absolutely crucial that we take a moment to acknowledge the Holy Spirit’s breath in the creation of the world, and ultimately, in the creation of mankind. It is amazing to see that the Spirit was there, breathing life into creation, before any physical beings were created. Digging deeper to understand how we were created, and through what means, is what leads us to the ultimate freedom of all: daughters and sons of the living-God. The world was not created as a cosmic accident. The world was created purposefully, with Spirit-filled wind and intention. How much greater purpose do we have when we acknowledge that God created us this way, too. He created us fearfully, purposefully, wonderfully, and intentionally.

Respond:

Take a moment to reflect on the life-giving, soul-filling wind of the Holy Spirit. Take five minutes of silence to breathe in this wind. As you close your eyes, take deep breaths and meditate on the verse “the Spirit of God was moving over the face of the waters.”

Write your response here:



Family Response:

Grab a few scrap pieces of paper and write down thanks to God. Fold these papers and put them in the “day at the beach” jar. This week, when you need a breath of fresh air, take a paper out of the jar and remember whose you are.



Journal Entry - 4/1:

Inviting the fresh wind of the Holy Spirit into our lives can be empowering, but if we are honest, it is not always easy to feel empowered. So, what do we do when we don't feel the fresh wind? When the difficulties we are facing seem larger than life and our circumstances are as bleak as a hot summer's day in July?

We must act on what we know, instead of how we feel. The truth is, our feelings aren't facts. We must remember what we know about the Holy Spirit. There is a song that we sing on Sunday that all encompasses this sentiment. The song is titled "Waymaker," and the lyrics read:

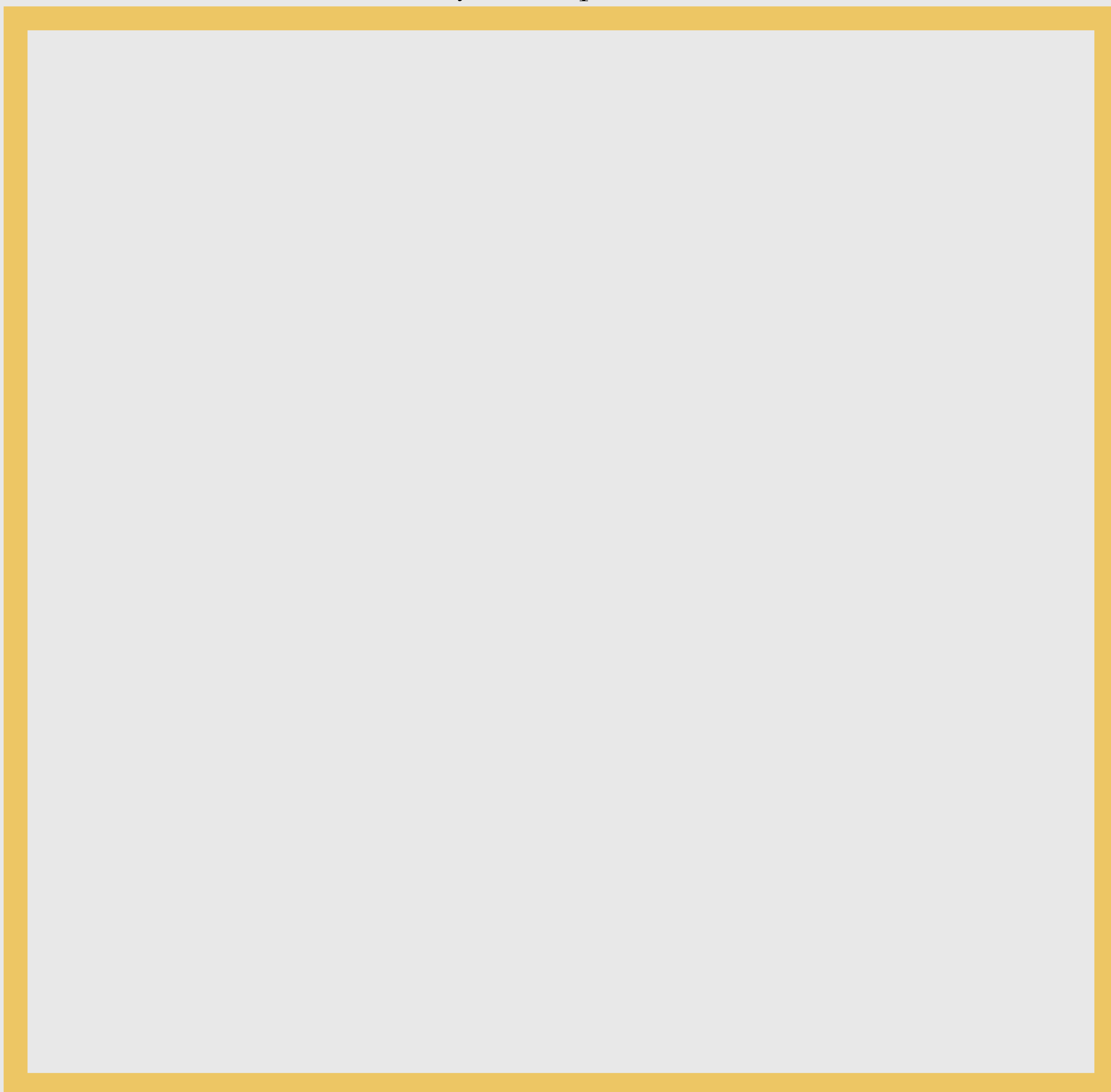
Waymaker, miracle worker
 Promise keeper, light in the darkness
 My God, that is who you are.

We must choose to believe what we know, instead of dwelling on how we feel. The truth is, God does make a way. The Holy Spirit lights our path on the darkest of days. God keeps His promises. The bridge of the song reads: "even when I don't see it, you're working." In the midst of our pain and trouble, the truth this, God is still working. The life-giving wind of the Holy Spirit can blow into the deepest parts of our soul. Absolutely nothing or no one can stop it. That is the God that we serve.

Respond:

Take a moment to reflect on the life-giving, soul-filling wind of the Holy Spirit. Take five minutes of silence to breathe in this wind. As you close your eyes, listen to the song Waymaker. Allow how you feel to be transformed into what you know as you sing the promises of God.

Write your response here:



Family Response:

As a family, pray about another family that you can encourage. Today, or this week, be sure to encourage them with a sweet treat, a meal or a thoughtful card.