

Dear Friends in Christ,

June 6, 2017

Last Sunday, June 4 was Pentecost. That's the day we celebrate the gift of the Holy Spirit and the birthday of the church. In Ephesians 5:18, it says, "be filled with the Holy Spirit." How have you allowed the Holy Spirit to fill your mind, heart, and soul? Many people allow the Holy Spirit to fill and empower their lives by practicing something called "spiritual breathing."

Think about your physical breathing. You breathe in and breathe out approximately 12 to 14 times a minute. When we exhale, we breathe out the carbon dioxide that isn't useful to the body and when we inhale, we breathe in oxygen, which is necessary for life.

Spiritual breathing is a form of prayer that mimics the rhythm of our physical breathing. As we exhale, we let go of and give to God our sins and failures, our worries and fears, our hostilities and hurts, our anger and resentment, etc. As we inhale, we take in the love and mercy of God and feed on the fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

For many people, practicing spiritual breathing provides the power needed to resist temptation; it gives a greater sense of the presence of God; and it results in a more peaceful and calm spirit, even in the middle of challenging or tense situations. In short, it's the spiritual oxygen needed for living Christ-like throughout the day.

Usually we don't think about our physical breathing. However, spiritual breathing requires a conscious decision and our attention. How about giving spiritual breathing a try?

*Love and peace,
Betsey*