
LET EVERYTHING THAT HAS BREATH

Personal Study / Quiet Time Guide

24/7 Family Church · Based on Pastor Greg Faulkenberry's message

Length: about 40–50 minutes in one sitting if you journal honestly — or three short sittings of about 15 minutes each (one per point) · Scripture: NIV

Big idea: The breath in you is borrowed from God; when you speak what He has done, your testimony reaches the hearer and puts the victory of the blood on your own life.

Take-home

Consider it so I don't go cold. Say it so someone can meet Jesus. When I speak it, I overcome.

Before You Begin

Find a quiet place. Bring a Bible (NIV if you have one), a journal or notes app, and an honest heart. This is not a sermon to rush through — it's time with the Lord. Give yourself room to journal honestly (about 40–50 minutes if you do it in one sitting), or take one point at a time across three short sittings of about 15 minutes each. If life is full, pray the opening prayer, read the Scriptures, then take one point today and the others later this week.

Opening Prayer

Lord, the breath in my lungs is Yours. Quiet my rushing thoughts. Meet me here. Remind me what You have done for me, give me courage to say it, and let my mouth agree with what the blood of Jesus has already settled. Speak through Your Word. Amen.

A Word for You

Some of us have a story with God we haven't told in years. Some of us have gone quiet because we think our story is too small, too messy, or too old to matter. Catch this and don't let go:

Let everything that has breath praise the Lord.

The Bible uses one word for breath and for spirit — *ruach* in Hebrew, *pneuma* in Greek. God made the heavens by the breath of His mouth. He breathed into Adam, and Adam became a living being. The breath in you is borrowed from Him. So your testimony is not only an idea. It's physical. When you speak what God has done, breath leaves your body and enters the room.

Today you'll walk three movements from Sunday's message: **Consider your testimony. Your testimony changes the hearer. When you speak it, you overcome.** Let the Word do the heavy lifting. Write what the Spirit brings up. Then take one concrete step.

Scripture to Read

Read these passages slowly (NIV). Pause after each block. Underline or note anything that lands.

Psalm 150:6; Revelation 12:11

“Let everything that has breath praise the Lord. Praise the Lord.”

“They triumphed over him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death.”

Psalm 33:6; Genesis 2:7; Proverbs 18:21

“By the word of the Lord the heavens were made, their starry host by the breath of his mouth.”

“Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.”

“The tongue has the power of life and death, and those who love it will eat its fruit.”

John 20:22; Acts 2:2

“And with that he breathed on them and said, ‘Receive the Holy Spirit.’”

“Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting.”

John 4:28–29, 39, 42; 1 Samuel 17:37

“Then, leaving her water jar, the woman went back to the town and said to the people, ‘Come, see a man who told me everything I ever did. Could this be the Messiah?’”

“Many of the Samaritans from that town believed in him because of the woman’s testimony, ‘He told me everything I ever did.’”

“They said to the woman, ‘We no longer believe just because of what you said; now we have heard for ourselves, and we know that this man really is the Savior of the world.’”

“The Lord who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine.”

Point 1 — Consider Your Testimony

1 Samuel 17:37; Psalm 33:6

Before you tell it, sit with it. Reflect on it. Remind yourself of it. Feel the full weight of it, so you don’t lose your zeal.

David stands in front of a king who thinks he’s too small and a giant who has shut a whole army up. He doesn’t start with a plan. He starts with memory: the lion and the bear. **David considers what God already did before he looks at Goliath.**

Here is the danger when we skip this step: *A forgotten deliverance makes the next battle look bigger than God.* The giant in front of you may be real. But so is the lion God already handled. Name it. Write it down. Let it get heavy again.

Journal

1. What are my “lion and bear” stories — specific times God rescued, provided, healed, or carried me?
2. Which of those have I let go cold? What happens to my view of today’s battle when I forget them?
3. What battle am I facing right now that looks bigger than God — and which past deliverance speaks to it?

This week I will

Write down three things God has done for me, by name and by season, and read them back to Him in prayer.

My note: _____

Point 2 — Your Testimony Changes the Hearer

John 4:28–29, 39, 42

Jesus sits at Jacob’s well, tired from the journey. A Samaritan woman comes to draw water. He asks her for a drink, offers her living water, and then gently names the life she has been hiding — five husbands, and the man she’s with now is not her husband. Then He tells her who He is: the Messiah.

She leaves her water jar and goes back to town. She doesn’t preach a sermon. She has one sentence: “*Come, see a man who told me everything I ever did.*” And **many believed because of her testimony**. Then they came, heard Jesus for themselves, and said, “*We know that this man really is the Savior of the world.*”

Her story wasn’t the Savior. **Her story was the doorway.** It got them to Him.

Nabeel Qureshi was raised a devout Muslim. After years of weighing the claims of Jesus, he came to Christ knowing it could cost him his family. He told that story in *Seeking Allah, Finding Jesus*, and he kept telling it until he died of stomach cancer in 2017. People met Jesus because he said it.

You don’t need a polished testimony. **Speak the last thing God did.** Someone who hears it can be saved.

Journal

1. Who told me about Jesus — and what did their story open for me?
2. What is “the last thing God did” in my life that I could say in one or two sentences?
3. Who in my world might need a doorway this week — and what keeps me from opening my mouth?

This week I will

Tell one person the last thing God did in my life — briefly, honestly, and pointing to Jesus, not to me.

Who I’ll tell: _____

Point 3 — When You Speak It, You Overcome

Revelation 12:11

This part is personal. The Bible doesn’t say they triumphed because the crowd was moved. It says **they triumphed over him by the blood of the Lamb and by the word of their testimony**.

The *him* is the accuser. The *they* is you. When you say what Jesus has done, you are the one who overcomes. David speaks the lion and the bear — and then he is the one who stands in front of Goliath.

The victory isn’t a feeling you work up. **The blood settled it. Your mouth agrees with it.** The accuser will tell you to keep quiet, that your past disqualifies you, that your story doesn’t count. Revelation says they did not love their lives so much as to shrink from death.

Don’t shrink. Say it.

Journal

1. What accusation does the enemy whisper most often over my life — and what has the blood of Jesus already said about it?
2. Where have I been shrinking back — staying quiet when I could have spoken?
3. What would it look like this week for my mouth to agree with what the blood has already settled?

This week I will

Speak my testimony out loud — to God, to a friend, or in my small group — and answer one specific accusation with what Jesus has done.

My next step: _____

Closing Prayer

Lord, thank You for the breath You put in me. Help me consider what You've done so I don't go cold. Give me boldness to say it so someone can meet Jesus. And thank You that the blood of the Lamb has settled my case — let my mouth agree. I won't shrink. I'll say it. Amen.

Send-out

Go with borrowed breath and a living story — consider it, say it, and remember: **The blood settled it. Your mouth agrees. Don't shrink. Say it.**

Weekly Takeaway

Keep these close this week — not three new practices, but follow-through on what you already wrote above:

1. **Memorize the take-home:** *Consider it so I don't go cold. Say it so someone can meet Jesus. When I speak it, I overcome.*
2. **Read again:** John 4:1–42 and Revelation 12:10–11 (NIV).
3. **Follow through:** Take the three “This week I will” steps you already named under Points 1–3.
4. **Ask the Lord:** “What have You done for me that I've stopped telling — and who needs to hear it this week?”

My commitment this week:

“With the breath God gave me, I will _____.”

I completed this study.

Name _____ Date _____