

CHURCH OF CHRIST

Greenbrier, AR

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Take A Breath

Take A Breath

Pause for a moment. Take a deep, cleansing breath. Exhale. Remember your purpose. Reflect upon His promises. Today we will be tested. In the daily grind, we forget. Reminded, we turn again to see the larger picture. Life is more than circumstance. We are more than flesh. We are spirit. We are eternal. We are God's special creation. More than that, in Christ we are His re-creation!

Moments of such clarity need not be reserved for occasional "mountain-top" experiences of spiritual renewal. This is daily renewal—taking time to breathe. Letting God speak to us through His Word. Releasing our burdens in prayer. Taking spiritual inventory. Repenting of sins. Setting our hearts toward heaven. Seeing beyond the sunset. Rejoicing in hope and moving forward in faith's relentless journey.

People who breathe make a difference. People who do not breathe are dead. People are drawn to living disciples—disciples who breathe. Our impact on others is proportional to our ability to express unselfish concern. People are not resources to be used to meet our own personal needs. We are here to serve and, in serving, draw attention to Jesus, the source of life everlasting.

We have learned to breathe. There are no hidden agendas. No monster hiding in the closet. We are transparent. Perfect? No. But, walking in the light and letting His love

shine through us. Gracious in speech. Warm in compassion. Kind in behavior. Patient when wronged. Deliberate in action. Calm in repose.

Testing is inevitable. Harsh words. Rejection. Disappointment. Loneliness. Frustration. Pain. Please, do not forget to breathe. Remember. Reflect. Smile. Give thanks to God for His immeasurable blessings in Christ!

Scripture Readings: Genesis 1:26-27; Ecclesiastes 12:1, 13-14; 2 Corinthians 4:16-5:1; 1 Peter 4:12-13; Philippians 4:4-7; 1 Peter 5:6-7; Romans 12:2; 2 Corinthians 5:17; Ephesians 4:20-24; 2:4-7; 1 John 1:7; Philippians 2:14-17; Ephesians 1:3; 3:10-21

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