



Mid-week Word with Heidi Truitt, "Breathe In"

April 20, 2022

John 20:19-23

¹⁹ That Sunday evening, the disciples were together behind locked doors because they were afraid of the Jews. Jesus stood among them and said to them, "Peace be with you!" ²⁰ When he said this, he showed them his hands and his side. The disciples were glad to see the Lord. ²¹ Jesus said to them again, "Peace be with you! As the Father has sent me, so I am sending you." ²² After he had said this, he breathed on the disciples and said, "Receive the Holy Spirit. ²³ Whenever you forgive sins, they are forgiven. Whenever you don't forgive them, they are not forgiven."

Breathe in, breathe out.

Breathe in, breathe out.

Go ahead. Take a deep breath and let it out slowly.

As with the physical, so it is with the spiritual.

Breathe in the Holy Spirit through faith and meditation on His Word.

Breathe out His life and peace to others.

Abide in His Presence through prayer. Inhale.

Exhale God's comfort and healing truths to a hurting world.

Physical and spiritual breath – life! - is from God.

Not from me, nor by me.

Not within me –

but *above* and through me.

Nothing forced nor hurried; no self-seeking nor striving.

Practice His Presence.

Daily fill up; daily pour out.

Breathe in, breathe out.

Repeat.