



# The Breath of Life

One of our teachings is that we cannot by our own strength or effort believe in Jesus as our Lord, but the Holy Spirit *inspires* us, enabling us to live in faith. Our faith and all that it includes is an inspired gift of God's Holy Spirit. The Spirit breathes life into our spirits, giving us the spiritual existence that we enjoy. This is faith.

Inspiration is a most interesting word and concept. By definition, it has two meanings: 1) breathing 2) the stirring of thoughts and emotions.

One meaning that is given is the gift of special thoughts and awareness that God puts directly into our minds and consciousness. That is a helpful way of understanding those sudden flashes or surges of faith that on occasion mysteriously occur and fill us with moments of pure joy. It also helps us appreciate the spiritual growth and development we experience on our faith journey.

Scripture reports that the *Spirit blows where it will* suggesting that perhaps the Spirit may even be whimsical and capricious. However, a more thorough investigation

reveals that the Spirit is much more directed and purposeful.

Back to breathing. I use a CPAP at night to correct my sleep apnea—a convoluted breathing pattern with snoring and long pauses between breaths.

While there is plenty of air with oxygen out there for me to breathe, I am unable to utilize it when I lie down because of the construction and malfunction of my breathing system. The CPAP is a wonderful gift that corrects my breathing and allows me to sleep naturally.

That is what the inspiration of the Spirit does for our spirits. It corrects the convoluted thoughts and behaviors occurring in our lives that distort our relationship with the Holy One. Inspiration enables us to receive and utilize God's gifts that bring peace, joy, direction and purpose into our lives like a breath of fresh air.

I knew I had a breathing problem so I sought the help of a pulmonary specialist. Like so we should prayerfully seek the help of God's specialist, the Holy Spirit, to breathe life into our spirits.

