

healthy breathing: healthy LIFE

John 20:19-23 (NIV)

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¹⁹On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you!"

²⁰After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

²¹Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." ²²And with that he breathed on them and said, "Receive the Holy Spirit. ²³If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven."

1. Jesus comes in the midst of trouble .
2. When Jesus comes two things happen:
 - A. We are overjoyed .
 - B. We are sent .
3. The spiritual life requires a balance of INHALING and EXHALING.

Notes:

KAC March 7, 2010

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For reflection:

- In your spiritual life do you more easily breathe in or out?
- What is your least favorite spiritual discipline?
- What is your favorite spiritual discipline?
- How have you experienced joy in your spiritual life?
- How do you think you have been "sent" by Jesus?

For further reading:

- Breathing
 - Genesis 2:7; Ezekiel 37:1-14
- Being "Sent out"
 - John 17:1-19; Ephesians 2:1-10
- Being filled with joy
 - Acts 16:25-34; John 15:1-17

Notes:

Next Week:

healthy breathing: healthy CHURCH