

BREATHE

(Inhale & Exhale)

II Timothy 3:12-17

In this passage of scripture, Paul was encouraging Timothy to be faithful in hard times. He was sharing with Timothy that many troubles in the last days would come. In addition, many people will turn from God's way of living. Paul was warning Timothy that persecution would come to those who follow Jesus Christ. Mistreatment comes with the call of salvation. He strongly encouraged Timothy to understand that the scriptures is the only source of truth, worthy to trust in.

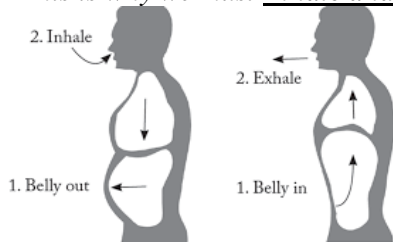
I. All Scripture Is Inspired By God V16 KJV "...by inspiration", NIV "...is God breathed"

- A. Inspired meaning God breathed, His spirit is infused into His Word (The Bible).
A Latin term; Sola Scriptura that means (by Scripture Alone). The Bible is the only inspired and authoritative Word of God. The only source for Christian doctrine, and is accessible to all. It is clear, understandable, and self-interpreting. The Bible requires no interpretation outside of itself. II Peter 1:19-21
- B. The **Hebrew word** for breathe is **ruach which** means "**wind, breath, or spirit.**" This word occurs nearly **400 times** in the Old Testament. The **Greek word** for breathe is **pneuma** meaning "a blowing, a wind, blast; breeze; influence; breathed air, breath; odor, scent; spirit of a person; inspiration, a spirit, ghost,"

C. God's Words is powerful because of His Holy Divine Spirit.

Genesis Chp.1,2 Isaiah 40:8 God's word is living and active it's Organic. Hebrews 4:12

II. This is why we must Inhale and Exhale His Spirit Filled Words.



How do we Inhale? Nave's Hand Illustration

- A. Hearing, Reading, Study, Memorize, and Meditate on God's Word.
- B. *Are we consumed with God's Word? If not, why not?*
As we meditate, the Holy Spirit will teach us the ways of God through His Word. Scheduled meditation on God's Word, pondering the meaning and application. Allows us to become more humble-minded, relational, and active with God, so that we can be better able to lift our heart, will, thinking, and reasoning over to Him. Then be better at reflecting and focusing on Him as we journey through this wicked and fallen world.
- C. NOW this is the EXHALE; to exhale is to exhale God's breath V16
To Exhale is to live out His Kingdom teaching for His cause. II Timothy 2:15
Exhaling God's breath reproofs us, (The Application) to love our enemies, not hate them. To be patient with our spouses, to show kindness, and to forgive others when wronged. Matthew 5:44, 1 Corinthians 13:4-7
This type of kindness, forgiveness, and love, only comes when we inhale and exhale God's Holy Divine Word. That has His spirit in it.

D. *Exhaling God breath His word brings about correction when needed.*

His word corrects me when I am prideful, reveals my heart on issues. I develop a "God Conscience". I Timothy 1:5, I Peter 3:16,

E. *As we continue to Exhale, it will train our flesh in His righteousness to put on Jesus and become like Him. Romans 13:14*

His qualities will start to prevail in and through us. We will become His action figure and people will begin to smell the aroma of Christ on us by the way we leave our daily lives. James 1:22-25

III. Inhaling and Exhaling God's word makes us Suitable and Armed. V17

A. We are able to stand against the lust of the flesh, the evil influence of the world, and to overcome the attacks of Satan and his demons. We become prepared to be on mission for His Holy Divine Cause. *Matthew 4:3,4*

B. However, we must *Inhale Breathe, Breathe, and Breathe, the word and Exhale, Exhale, Exhale in application. It is a perpetual activity, a constant motion, a reciprocal reaction that must be carried out concerning God's Word.* If we are to live and represent God's Kingdom effectively.

To live for God we must Inhale and Exhale His Holy Divine Spirit Filled Word. It must become a priority, a second nature in our daily activities. So that it may develop and strengthen our spiritual journey, in a physical world. By breathing His Word, when persecution comes or life issues accrue. It will enable us to navigate through those waters.

We will become convinced or develop God given convictions, to stand for Him No Matter What! Are you convinced that "Man Shall Not Live On Bread Alone, But On Every WORD That Proceeds Out Of The Mouth Of God". Matthew 4:4

No matter where you stand, you need to BREATHE!

Breathing
This Way
Can Benefit You Spiritually



1. Do you have a place where you meet with God in reading His Word? How many times do you read your Bible during the week?
2. What applications have you demonstrated from reading your Bible this week?