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MESSAGE NOTES

SPIRITUAL OXYGEN — ARE YOU GETTING ENOUGH?

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1. BREATHE

Q. How does breathing change when people are anxious?

Have you noticed how people take a deep breath as they sit down to relax? Breathing gives our body a constant supply of oxygen, which we need for energy to live.

The Holy Spirit is like oxygen for our spiritual lives.

2. SPIRITUAL BREATHING

John 20:21-22 Again Jesus said, “Peace be with you! As the Father has sent me, I am sending you.” 22 And with that he breathed on them and said, “Receive the Holy Spirit.”

3. KEEP ON BREATHING

Ephesians 5:18 to “Keep on being filled with the Holy Spirit.”

John 1:12 “Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God— 13 children born not of natural descent, nor of human decision or a husband’s will, but born of God.

CONCLUSION

When I feel a stressful situation coming up, I switch my focus on the taking deeper breaths to breathe in the oxygen I need. In the same way, make spiritual breathing a conscious decision everyday.

Breathe. Walk in His power — the power of the Holy Spirit.