



# *BREATHE*

## PRAGMATIC SPIRITUAL DISCOURSE ON BREATHING

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## **INTRODUCTION**

IT HAS BEEN SAID THAT WE ARE IN UNPRECEDENTED TIMES; WELL UNPRECEDENTED TIMES CALL FOR UNPRECEDENTED ACTIONS HENCE THE CREATION OF THE FIRST EVER PRAGMATIC SPIRITUAL DISCOURSE ON BREATHING.

# BREATHE

## *SPIRITUAL:*

*“ ...AS LONG AS I HAVE LIFE WITHIN ME, THE BREATH OF GOD IN MY NOSTRILS, MY LIPS WILL NOT SPEAK OF WICKEDNESS, AND MY TONGUE WILL UTTER NO DECEIT.”*

JOB 27:3

## **PRAGMATIC:**

**MAKE YOUR BREATH COUNT WHILE YOU STILL HAVE TIME TO BREATHE; IN SHORT, DON'T WASTE YOUR BREATH!**

# BREATHE

## *SPIRITUAL:*

*“WOE TO HIM WHO SAYS TO WOOD, ‘COME TO LIFE!’ OR TO LIFELESS STONE, ‘WAKE UP! CAN IT GIVE GUIDANCE? IT IS COVERED WITH GOLD AND SILVER; THERE IS NO BREATH IN IT.”* HABAKKUK 2:19

## **PRAGMATIC:**

**YOU WILL BELIEVE IN WHAT YOU BREATHE IN.**

# BREATHE

## *SPIRITUAL:*

*“THE GOD WHO MADE THE WORLD AND EVERYTHING IN IT IS THE LORD OF HEAVEN AND EARTH AND DOES NOT LIVE IN TEMPLES MADE BY HANDS. AND HE IS NOT SERVED BY HUMAN HANDS, AS IF HE NEEDED ANYTHING, AS HE GIVES TO ALL MORTALS LIFE AND BREATH AND EVERYTHING ELSE...”*

ACTS 17: 24-25

## **PRAGMATIC:**

ALWAYS REMEMBER TO THANK GOD FOR THE GIFT OF BREATH EVEN WHEN BREATHING IS NOT EASY.

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## *SPIRITUAL:*

*“LET EVERYTHING THAT HAS BREATH PRAISE THE LORD.”*

PSALM 150:6

## **PRAGMATIC:**

BE MINDFUL NOT TO WASTE YOUR BREATH BECAUSE YOU  
COULD BE WASTING YOUR PRAISE.

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## TRANSFORMATIONAL BREATHING EXERCISE

DIAPHRAGMATIC BREATHING (SOMETIMES CALLED ABDOMINAL OR BELLY BREATHING) ENCOURAGES A FULL EXCHANGE OF INCOMING OXYGEN AND OUTGOING CARBON DIOXIDE. THIS CAN HELP SLOW THE HEARTBEAT (RELAXED STATE), LOWER BLOOD PRESSURE, AND ADDRESS ISSUES RELATED TO ANXIETY.

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## TRANSFORMATIONAL BREATHING EXERCISE

- BREATHE IN POWER..... BREATHE OUT CONFIDENCE
- BREATHE IN INSIGHT.....BREATHE OUT WISDOM
- BREATHE IN IMAGINATION.....BREATHE OUT INNOVATION
- BREATHE IN LOVE.....BREATHE OUT COMPASSION