

# Fresh Air

## Pastor George

### “Breathe In, Breathe Out”

- Deep Breath

Everyone breathes. It’s something we often take for granted. It turns out, however, that most of us don’t do it correctly. Chest breathing is found in **over 50 percent** of adults,

- it contributes to a number of problems:
  - rapid heartbeats
  - low blood oxygen levels

Belly breathing is what we should aim for, where every deep breath goes straight to the lungs and fills the body with oxygen. Deep breathing benefits both physical and mental health. It alleviates stress, improves confidence, and helps create better blood circulation.

Breathing is free and effortless. It’s something we don’t have to put thought into. It can be done anywhere that oxygen is present.

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Breath is so powerful (Bad breathe?). It’s what God used to give life to Adam & Eve. It’s also used to give us life.

### Context:

Ezekiel was among the approximately 10,000 citizens of Judah deported to Babylon when King Nebuchadnezzar invaded Jerusalem.

The book of Ezekiel exposed the nation’s moral depravity and absence of spiritual concern. After the destruction of Jerusalem was complete and the nation was in exile, his message changed. He turned to a proclamation of hope, which is what the people now needed most.

### Body:

Ezekiel 37

*The hand of the Lord was upon me, and he brought me out in the Spirit of the Lord and set me down in the middle of the valley; it was full of bones. **2** And he led me around among them, and behold, there were very many on the surface of the valley, and behold, they were very dry. **3** And he said to me, “Son of man, can these bones live?” And I answered, “O Lord God, you know.” **4** Then he said to me, “Prophecy over these bones, and say to them, O dry bones, hear the word of the Lord. **5** Thus says the Lord God to these bones: Behold, I will cause breath to enter you, and you shall live. **6** And I*

*will lay sinews upon you, and will cause flesh to come upon you, and cover you with skin, and put breath in you, and you shall live, and you shall know that I am the Lord.”*  
*7 So I prophesied as I was commanded. And as I prophesied, there was a sound, and behold, a rattling, and the bones came together, bone to its bone. 8 And I looked, and behold, there were sinews on them, and flesh had come upon them, and skin had covered them. But there was no breath in them. 9 Then he said to me, “Prophecy to the breath; prophecy, son of man, and say to the breath, Thus says the Lord God: Come from the four winds, O breath, and breathe on these slain, that they may live.” 10 So I prophesied as he commanded me, and the breath came into them, and they lived and stood on their feet, an exceedingly great army.*  
*11 Then he said to me, “Son of man, these bones are the whole house of Israel. Behold, they say, ‘Our bones are dried up, and our hope is lost; we are indeed cut off.’*  
*12 Therefore prophecy, and say to them, Thus says the Lord God: Behold, I will open your graves and raise you from your graves, O my people. And I will bring you into the land of Israel. 13 And you shall know that I am the Lord, when I open your graves, and raise you from your graves, O my people. 14 And I will put my Spirit within you, and you shall live, and I will place you in your own land. Then you shall know that I am the Lord; I have spoken, and I will do it, declares the Lord.”*

The word for **breath** in Hebrew is *ruach* – the word imitates the very sound of breath – It’s the same word for *Spirit*, as is the case in both ancient Greek (*pneuma*) and Latin (*spiritus*). God created man by putting His *breath*, His *Spirit*, within them.

- We see this same Ruach power in creation.

*“Then the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature.”* (Genesis 2:7 ESV)

See breath comes from the mouth. God's creative power is shown when his mouth speaks words.

- God’s Word (Bible) is life....it is Words spoken from God to bring you life.
  - “For the word of God is living and active” (Hebrews 4:12 ESV)
  - “*All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness...*” (2 Timothy 3:16 ESV)

**\*We under value the inhaling of the Word of God, yet would rather exhale what we believe the Word of God says.**

In other words we talk a good game, but don't spend time with God.

- Do you realize the importance of inhaling and exhaling.
- What are we inhaling and what are we exhaling?
- What I mean is that we want the good stuff: righteousness, peace, and joy. But we exhale so much, that we miss the moments to inhale the breathe of God.

### • **Evaluate The Dry Bones**

- These bones have been long been dead.
  - At some point Israel was completely disconnected from God
    - Israel has been dead for so long, that the reconciliation between man and God seems at a lost.
      - Behold, they say, 'Our bones are dried up, and our hope is lost; we are indeed cut off.'
    - If you wonder why you can't experience "Fresh Air" with God, evaluate the dry bones.
      - Do you feel dried up?
      - Is hope lost?
      - Do you feel cut off?

Even though God gives us his breathe for physical life, there is a disconnect between the Ruach that gives us life spiritually.

### • **There is Hope for New Breath**

- The same Spirit (Rauch) in Ezekiel is spoken of with Nicodemus for being born again.

*"Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God." 4 Nicodemus said to him, "How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?" 5 Jesus answered, "Truly, truly, I*

say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. <sup>6</sup> That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. <sup>7</sup> Do not marvel that I said to you, 'You must be born again.' <sup>8</sup> The wind blows where it wishes, and you hear its sound, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." (John 3:3-8 ESV)

"It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life." (John 6:63 ESV)

- There was no breath in them
  - You can come to church and work on being put together, but there is more.
  - If we are missing the breath of God we are dry bones.

## • He Will Open Your Graves

*"I will open your graves and raise you from your graves"*

*55 "O death, where is your victory?*

*O death, where is your sting?"*

*56 The sting of death is sin, and the power of sin is the law. 57 But thanks be to God, who gives us the victory through our Lord Jesus Christ. (1 Corinthians 15:55-57 ESV)*

Story: Dead Ringer

in 1896 T.M. Montgomery, **reported that a little over 2% of bodies exhumed were definitely victims of being accidentally buried alive.** In other words, about 2% woke up, tried to claw their way out, and were unable to do so. Given the oxygen supply in a coffin doesn't last that long, it is likely the actual percentage of people buried alive was higher, when you include the ones who didn't wake, but were still technically alive when buried. In any event, to prevent deaths by burial, a string would supposedly be attached to the finger of the person presumed dead, and it was attached to a bell on the other end above

ground. When the person moved, the bell would ring. And that was what you would call a “dead ringer.”

- Graveyard shift
  - Jesus is listening for the bell
    - “8...The word is near you, in your mouth and in your heart” (that is, the word of faith that we proclaim); 9 because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.” (Romans 10:8-9 ESV)
  - This can only happen through Jesus
    - Why?
      - *And Jesus uttered a loud cry and breathed his last.* (Mark 15:37 ESV)

Close:

“And when he had said this, he breathed on them and said to them, “Receive the Holy Spirit.” (John 20:22 ESV)

Even non-believers are experiencing God’s grace in every breathe.

In just 30 mins you have breathed 360-600 times (Thats 12-20 times per min). That life force is a reminder of who gave you life. You are breathing grace, peace, joy, etc. All that happened on auto pilot. What if you we proactive with the breath of God?

“Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven.”

It is God’s will that we experience Heaven now. Experience the breathe that gives us life. The spirit that gives us “fresh air”. When we breathe our last we will rise from the grave like our Lord Jesus through the same Ruach.

360-600 chances to call on his name

- “Prophecy to the breathe”
- “Spirit to Spirit”
- Ruach to Ruach

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