

# 5-Day Devotional: Receiving the Breath of God

## Day 1: Peace Belongs to You

**Reading:** John 20:19-22

**Devotional:** When Jesus appeared to His disciples, His first words were "Peace be unto you." This wasn't just a greeting—it was a declaration of your inheritance. Peace doesn't come from quieter circumstances or fewer problems; it flows from the Spirit of God dwelling within you. You are new in Christ, even when you don't feel like it or look like it yet. The old has passed away. Today, stop striving to earn God's love or perform for His approval. You already have it. While you were still a mess, Christ died for you. Receive the peace that belongs to you—not because you've arrived, but because He has made you His own.

**Reflection:** What situations are stealing your peace? How can you remind yourself today that peace is your inheritance, not your achievement?

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## Day 2: Growing Through the Mess

**Reading:** 1 John 3:1-2; 2 Peter 1:3-8

**Devotional:** God's love adopted you before you got your act together. You cannot perform for this love; you cannot earn it. The beautiful truth is that you're allowed to grow while still being loved. You don't have to be perfect to be planted in God's house. If you stay faithful and keep walking with God, you'll be less of a mess next week than you are today. The church should be a place where people can grow, not where they're discarded when they struggle. God deals with you the way family does—correcting when needed but never withdrawing love. You are becoming what God already sees in you. Keep growing; transformation is happening even when you can't see it yet.

**Reflection:** In what areas of your life are you experiencing growth? Thank God for His patience as you're being transformed.

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## Day 3: Your Mission Requires His Spirit

**Reading:** Acts 1:4-8; Romans 8:11

**Devotional:** Jesus told His disciples, "As my Father has sent me, even so I send you." Then He breathed on them and said, "Receive the Holy Ghost." You have a divine mission bigger than your plans, and you cannot complete it in your own strength. The same Spirit that raised Jesus from the dead must live in you. Without the Holy Spirit, you'll have no real peace, no lasting power, and no ability to fulfill your purpose. God interrupts your life because it's time for you to step into something you were born for. Stop running from His call. The breath of Jesus—His Spirit filling you—is the answer to your prayers. Open your mouth, inhale His presence, and receive the power you need.

**Reflection:** Have you asked God to fill you with His Holy Spirit? What mission might God be calling you to that requires His power, not just your effort?

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#### **Day 4: Remember to Breathe**

**Reading:** Psalm 46:1-11; Philippians 4:6-7

**Devotional:** Life can squeeze all the oxygen out of you. Sometimes the weight is so heavy that you forget to do what comes naturally—breathe. When panic attacks come, when circumstances overwhelm, when you can't even explain what you're going through, you must pause and remember to breathe. God's breath is life. His Spirit brings clarity, strength, and restoration to your weary soul. You don't need to explain everything or have all the answers. You just need to stop talking long enough to receive. Close your mouth, open your spirit, and let God breathe upon you. In the stillness, the Holy Spirit will fill every empty space and flood every devil trying to work against you. Just breathe.

**Reflection:** What is causing you to hold your breath spiritually? Set aside time today to be still and simply receive God's presence.

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#### **Day 5: Receiving Your Inheritance**

**Reading:** Malachi 3:10-12; Luke 11:9-13

**Devotional:** Receiving from God requires surrender, not performance. You cannot breathe out while someone is trying to breathe in. Many believers struggle because they're talking when they should be receiving. God doesn't need your cooperation; He needs your surrender. Your inheritance includes peace, provision, protection, and power—but you must ask and receive. When you give to God—your tithes, offerings, worship, and obedience—He multiplies it back. He rebukes the devourer for your sake. You don't live under the world's economy; you live under God's system. Stop judging your life by what you see and start trusting what God has promised. Receive His breath. Receive His peace. Receive His provision. It's already yours.

**Reflection:** What has God been offering you that you haven't fully received? Practice receiving today by thanking Him for what He's already given.

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**Closing Prayer:** Lord, breathe upon me. Fill me with Your Holy Spirit. I receive Your peace, Your power, and Your presence. Help me to stop striving and simply surrender. I trust that You are working in my life, transforming me day by day. Thank You for loving me while I'm still becoming who You created me to be. In Jesus' name, Amen.

# Jesus Breathed on Them Bible Study

## Main Takeaways

### 1. Peace Belongs to You

- You are new in Christ, even if you don't feel like it yet
- God's love adopted you before you got your act together
- Real peace flows from the Spirit of God

### 2. The Breath of Jesus is the Answer to Your Prayers

- Life's pressures can make us forget to breathe spiritually
- God's Spirit fills every empty space inside us
- We need the Holy Spirit to deal with life's constant challenges

### 3. You Must Receive

- Receiving requires inhaling—stopping to let God pour into you
- We talk too much instead of surrendering to God
- Breathing spiritually means pausing to receive God's peace

## Discussion Questions

1. The sermon mentioned that "real peace flows from the Spirit of God." How is this different from worldly peace or just making things quieter in our lives?
2. The pastor compared life's pressures to a panic attack where we forget to breathe. Have you experienced a season where you felt spiritually breathless? What was that like?
3. "We talk too much instead of surrendering to God." Be honest: How often do you come to God with a list of explanations rather than simply receiving from Him?
4. What does it practically look like to "inhale" God's breath in your daily routine? What habits or practices help you receive from God rather than just talk at Him?
5. The sermon emphasized that "you can't earn God's love—you just receive it." How does this truth challenge the way you've been approaching your relationship with God?

## This Week's Challenge:

Daily Breathing Exercise: Set aside 5-10 minutes each day this week to practice spiritual breathing:

- Find a quiet space
- Take three deep physical breaths
- Pray: "Lord, today I receive your breath"
- Sit in silence for 5 minutes, simply receiving (no talking, no asking)
- Inhale God's peace; exhale your anxiety