

# THRIVE: THRIVE BY BREATHING

Speaker: Jen McCourt

Date: March 14th, 2021

## SUMMARY:

### **Breathing: the Word In and Out**

The Bible is more than a how-to, self help book. Breathing God's Word is first about taking in a deep breath and inhaling all that He desires for us to take in. At the same time, His Word is not intended to just remain in us but that we would learn to exhale and breathe His words to those around us.

## QUESTIONS:

1. How do you currently engage God? Does "talking at Him" resonate with you?
2. How do you currently put God to the test?
3. What does that look like for *you* to use scripture as strategy against the enemy?
4. Could practicing sharing the Word with others encourage and help yourself? How?
5. When we engage in scripture, how can we learn to hear the Holy Spirit when he puts someone in our minds?
6. Jen shared a powerful story about one of her daughter's health journey. Jen sought to hear God's heart regarding her daughters story! What personal struggle do you need to hear God's heart on?

## FULL NOTES:

**Hosts:** Josh and Emma Weaver - Ardent Youth Pastors

**Worship:** Jake Schwein and Lauren Pickthorn

**Sermon Series:** Thrive: Living out the Rhythms of Jesus

**Sermon Title:** Thrive by Breathing

**Speaker:** Jen McCourt

### **Breathing the Word In and Out**

The Bible is more than a how-to, self help book. Breathing God's Word is first about taking in a deep breath and inhaling all that He desires for us to take in. At the same time, His Word is not intended to just remain in us but that we would learn to exhale and breathe His words to those around us.

God's Word is the oxygen of our spiritual lives.

### **The Power of the Inhale**

#### **Hebrews 4:12**

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

#### **Psalms 119:105**

Your word is a lamp to my feet; and a light to my path.

#### **Isaiah 55:10-11**

“For as the rain and the snow come down from heaven and do not return there but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it.

#### **2 Timothy 3:16-17**

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.

#### **Psalms 19:7-8**

The law of the Lord is perfect, reviving the soul;  
the testimony of the Lord is sure, making wise the simple;  
the precepts of the Lord are right, rejoicing the heart;  
the commandment of the Lord is pure, enlightening the eyes;

#### **Matthew 4:4**

“Man shall not live by bread alone, but by every word that comes from the mouth of God.”

#### **Philippians 4:8-9**

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

God's Word:

Refreshes and Revives us  
Makes us Wise  
Accomplishes what God desires in us  
Equips us for every good work

Gives us Guidance  
Teaches and Rebukes us  
Gives us Peace  
Aligns our Hearts and Minds

#### **2 Corinthians 11:14**

‘for even Satan disguises himself as an angel of light.’

#### **Matthew 10:16**

“Behold, I am sending you out as sheep in the midst of wolves, so be wise as serpents and innocent as doves.”

Ways to Practically Breathe the Word of God:

1. Prepare your Heart
2. Choose a method or plan to get in God's Word
3. Interact with God's Word
  1. What does this say about God? What does this say God thinks/feels about me?
  2. Head: What do I learn in this passage?
  3. Heart: What is my emotional response to this passage?
  4. Hands: What might I do in response to this passage?
  5. Look for common words/phrases
4. Practice Sharing!

Exhaling God's Word is the beginning of our next Inhale.

### **The Power of the Exhale**

A Strategy against our Enemy  
Part of our "One Another" Mandate

#### **Matthew 4:1-11**

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written: 'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'" Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. "All this I will give you," he said, "if you will bow down and worship me." Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'" Then the devil left him, and angels came and attended him.

#### **Deuteronomy 6:7**

You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.

#### **Proverbs 27:17 (NIV)**

As iron sharpens iron, so one person sharpens another.

#### **1 Thessalonians 5:11 (NIV)**

Therefore encourage one another and build each other up, just as in fact you are doing.

#### **2 Corinthians 1:4 (NIV)**

who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

#### **Proverbs 18:21 (NIV)**

The tongue has the power of life and death,

## **The Power of the Whole**

Holiness  
Presence  
Remembrance

Provision:  
Exodus 16  
Number 18  
1 Kings 17:2-16  
Matthew 6:25-34  
Matthew 6:9-13

The whispered invitation is for you, too - "Fall in love with my Word!"