

70<sup>BPM</sup>  
94%

# Seven Signs of Life

**2. Respiration: Breathing God's Breath**

**Pastor David Flowers**

# Sermon Series Focus

- In biology we learn that there are *seven* processes of life that identify all living organisms. We could also view these as “signposts” to a healthy living organism.
- We're using these seven signs as a diagnostic tool for assessing your own spiritual health as a disciple, as well as the overall health of our church.
- Is this an area in my life that needs the Spirit to bring fresh vitality? Is this an area in our church where we need to give attention? What is God saying to me about these seven signs? Where can I (we) use his healing touch?

# Seven Signs of Life

1. Movement: Prove You're Not Dead
- 2. Respiration: Breathing God's Breath**
3. Sensitivity: Our Spiritual Awareness
4. Growth: The Inevitable Result of Healthy Life
5. Reproduction: Multiplying Life, Creating the Future
6. Excretion: Getting Rid of the Junk
7. Nutrition: A Diet That Makes a Difference

## Genesis 1:1-2 NIV

<sup>1</sup> In the beginning God created the heavens and the earth. <sup>2</sup> Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.

רוּחַ (ruach) – breath, wind, spirit

## Deuteronomy 6:4

**NIV** Hear, O Israel: The LORD our God, the LORD is one.

**NLT** Listen, O Israel! The LORD is our God, the LORD alone.

- One of the major lessons of the OT is that there is only one God (monotheism) and all other gods are idols
- This means that all things come from God and he alone is to be worshipped as the only power in the universe
- Since Jesus fully reveals God (in human flesh) in his true character and complexity, the OT gives us an incomplete divine portrait that is but a shadow of the reality

# Jesus Reveals the Triune God

- Jesus said God “the Father” sent him and approves of his words and actions (Jn 5:19-23; 8:18; 12:49)
- Jesus said he comes “from” God the Father (Jn 8:42)
- Jesus said he is not the Father, but “the Son” sent from the Father so we might believe (Jn 3:16; Matt 21:33-46)
- Though he isn’t the Father, he said he reveals the Father because they are “one” —unified persons (Jn 14:9-11)
- Jesus prayed to the Father (Matt 6:9; Jn 17)
- Jesus spoke of the Holy Spirit that comes after him to unite us in love and empower us (Jn 14:15-31; Matt 28:19)

## Confession of Faith in a Mennonite Perspective

(pg 10) Article 1, line 2

“We worship the one holy and loving God who is Father, Son, and Holy Spirit eternally.”

Commentary (pg 11)

1. “We believe that what we know of God through revelation [Old & New Testaments] fits with who God really is. To confess that God is Father, Son, and Holy Spirit is to confess that the Son and the Holy Spirit are fully divine. It is also to confess that God is one and that God’s oneness is the unity of Father, Son, and Holy Spirit.”

“God is Love” (1 John 4:8, 16)

**The Foundation for Belief in the Trinity**



# How Does The Triune God Work?

Stanley Grenz on Trinitarian *function* in his book, *Created for Community* (pg. 46)

- The **Father** is the originator
- The **Son** is the revealer
- The **Spirit** is the completer

## Luke 3:21-22 NIV

<sup>21</sup> When all the people were being baptized, Jesus was baptized too. And as he was praying, heaven was opened  
<sup>22</sup> and the Holy Spirit descended on him in bodily form like a dove. And a voice came from heaven: “You are my Son, whom I love; with you I am well pleased.”

“I baptize you with water,  
but he [Jesus] will baptize you with the Holy Spirit.”

John the Baptist, **Mark 1:8**

## Jesus, Gospel of John 14:15-20 NIV

<sup>15</sup> “If you love me [the Son], keep my commands. <sup>16</sup> And I will ask the Father, and he will give you another advocate to help you and be with you forever— <sup>17</sup> the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. <sup>18</sup> I will not leave you as orphans; I will come to you. <sup>19</sup> Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. <sup>20</sup> On that day you will realize that I am in my Father, and you are in me, and I am in you.

## John 20:19-23 NIV

<sup>19</sup> On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, “Peace be with you!” <sup>20</sup> After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

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

<sup>23</sup> If you forgive anyone’s sins, their sins are forgiven; if you do not forgive them, they are not forgiven.”

## **Ezekiel 37:1-3 NIV**

<sup>1</sup> The hand of the LORD was on me, and he brought me out by the Spirit of the LORD and set me in the middle of a valley; it was full of bones. <sup>2</sup> He led me back and forth among them, and I saw a great many bones on the floor of the valley, bones that were very dry. <sup>3</sup> He asked me, “Son of man, can these bones live?”

I said, “Sovereign LORD, you alone know.”

## Ezekiel 37:4-6 NIV

<sup>4</sup> Then he said to me, “Prophecy to these bones and say to them, ‘Dry bones, hear the word of the LORD! <sup>5</sup> This is what the Sovereign LORD says to these bones: I will make breath enter you, and you will come to life. <sup>6</sup> I will attach tendons to you and make flesh come upon you and cover you with skin; I will put breath in you, and you will come to life. Then you will know that I am the LORD.’”

# Spiritual Respiration

- Respiration is not synonymous with breathing. Every cell in your body has a powerhouse called the *mitochondrion* that releases energy. This is known as respiration.
- This process happens by oxygen entering our body through breathing. So breathing is necessary for respiration, and the respiration process is essential for energy to be released.
- A living organism doesn't make energy, it only releases it!
- This is what God does through the power of his Holy Spirit in our lives and our church. **Prayer** is inhaling God's Spirit and filling us up to release energy and do his will.



## Paul, Ephesians 6:13-18 MSG

“Be prepared. You’re up against far more than you can handle on your own. Take all the help you can get, every weapon God has issued, so that when it’s all over but the shouting you’ll still be on your feet. Truth, righteousness, peace, faith, and salvation are more than words. Learn how to apply them. You’ll need them throughout your life. God’s Word is an *indispensable* weapon.

In the same way, prayer is essential in this ongoing warfare. Pray hard and long. Pray for your brothers and sisters. Keep your eyes open. Keep each other’s spirits up so that no one falls behind or drops out.”

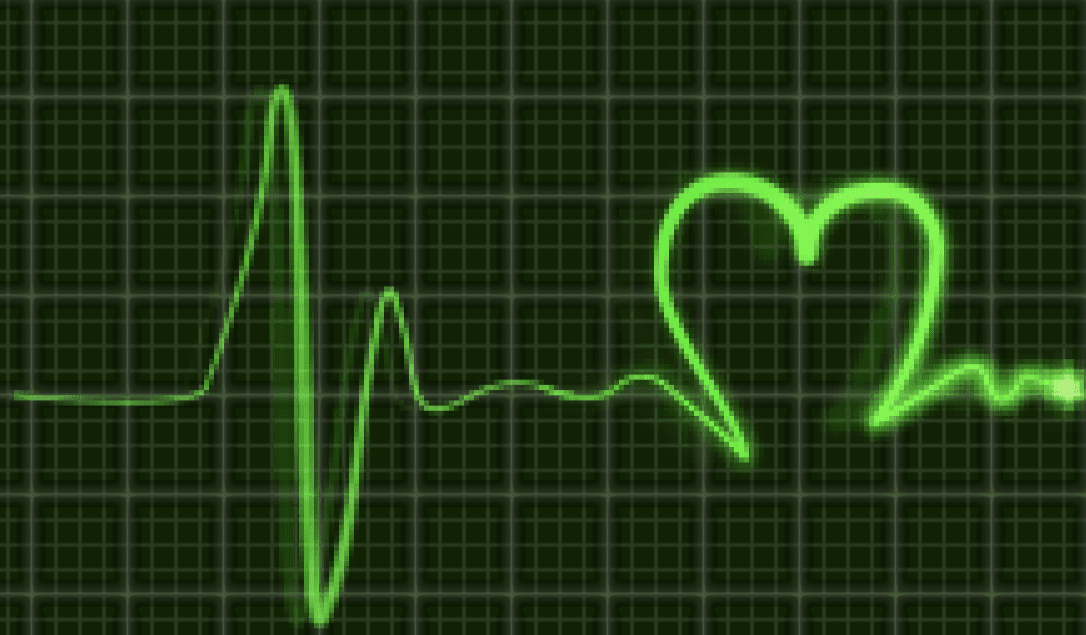
“So own up to your sins to one another and pray for one another. In the end, you may be healed. Your prayers are powerful when they are rooted in a righteous life.”

**James 5:16 (VOICE)**

“When a believing person prays, great things happen!” (NCV)

# Are You Breathing God's Breath?

- It is the Holy Spirit, given to us by Christ, that is able to empower us and release energy into our life and church
- The Spirit is received and activated through prayer, prayer is to the soul what breathing is to the body
- Jesus received the Spirit and kept “in step with the Spirit” doing the Father’s will by continual prayer
- The disciples were personally changed and the early church exploded with growth because of the Spirit
- Every healthy disciple and alive church must *move*, but in order to move, you must *breathe* (pray)



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Sermon audio & slides in PDF can be downloaded at:  
[www.christiansburgmennonite.org](http://www.christiansburgmennonite.org)