

Letting Holy Spirit Breathe New Life Into Your Healthy Efforts

The Bible says, “We will never turn our back on you; breathe life into our lungs so we can shout your name!” (Psalm 80:18 MSG).

Breathing is one of the few functions of your body that you do automatically—but it can also be done mindfully. When you remember to breathe deeply, you can actually clear your body and mind. By slowing your breathing, you can lower your heart rate and your stress level. Breathing is a powerful way to strengthen your body.

Mindful breathing is a reminder that your need for intimacy with God is like your need to breathe in air. King David sang, “I live and breathe God” (Psalm 34:2).

God can breathe new life into you and your efforts to become healthier. He says, “I will put breath into you and bring you back to life. Then you will know that I am the LORD” (Ezek. 37:6b, GNT).

Talk It Over

- What does it mean to “live and breathe God”? Why is this significant to your success in getting healthy?
- What does the truth that God can breathe new life into you mean to your efforts to become healthy and strong?
- Taking five slow, deep breaths before you eat can help you eat less and enjoy the food more. Try this during your next meal. How does it affect the way you eat and the way you feel during and after the meal? {eo}

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book, The Purpose Driven Church, was named one of the 100 Christian books that changed the 20th century. He is also founder of , a global internet community for pastors.

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