

## Breathing in the Spirit

Family CG Sunday May 29, 2022 | Dave Geldart

### 1. **Welcome – Family WORSHIP GATHERING**

- a. Special welcome to our kids 6 and up who are with us today!
- b. Raise your hands!

### 2. **Empty or Full game**

- a. They're ALL FULL – with air

### 3. **Can't see the air**

- a. Air! Hardly noticeable at all – default to “nothing”
- b. But you can start to feel it when it's moving

#### **i. Pinwheel to a fan**

### 4. **Story of Konza hill- jacks hat**

#### 5. Destructive winds

##### **a. straight-line winds->trampoline**

##### **i. Dec 15<sup>th</sup> – remember the xmas tree?**

- ii. 88mph winds in mhk
- iii. 94 gust on ft riley

##### **b. like a hurricane – cat 1! (74-95mph)**

- i. strongest winds ever recorded on Barrow Island Australia 1996 = 253mph during Tropical Cyclone (Hurricane) Olivia

##### **c. Tornadoes**

- i. Hard to measure wind speeds
- ii. Highest inferred by doppler radar was 301mph in a tornado that struck in 1999 near Moore Ok.
- iii. EF scale – not wind strength – DESTRUCTION METER

### 6. **Air can be incredibly useful**

- a. **Wind turbines** – electricity
- b. Airplanes
- c. Bike tires
- d. Semi brakes

##### **e. Gasses from the air used to make – ROCKET FUEL**

- i. Our trip to KSC – Saturn V
- ii. Pumped for new SLS! – want to go experience
- iii. The most powerful manmade object ever created, all with the power of gasses from the air

### 7. **More pleasantly, a soft warm breeze on your face** with your eyes closed – one of the best feelings

### 8. **Most useful aspect of AIR to humans**

#### **a. BLOW UP YOUR BALLOONS**

- b. Everyone release together – make your best sound!

### 9. **Breath – w/o air, we die pretty quickly.**

- a. Most ppl can hold their breath **30-90 sec**
  - i. And you pass out by 3 minutes
- b. **Longest breath hold by a human** in 2021 Guinness book world record holder diver Budimir Šobat (Croatia) held his breath just over 24 min 37sec!!!!
- c. Some animals do far more
  - i. **Northern Elephant seals** 2 hours!
  - ii. **Whales** long time too
    - 1. **Cuvier's (COO-Vee-YAY) Beaked Whale** documented-> record is 222 minutes = 3 hrs 42 min! on one breath
  - iii. **Sea turtles** – 10 hours!
  - iv. **Some land turtles** spend ALL WINTER at the bottom of frozen lake!
    - 1. But they have a special ability to shut down most of their metabolism and get some oxygen through their butts.
      - a. Yup - cloacal respiration
- d. But the world record holder for time under water without breathing any air is:
  - i. **Fish (Rougheye Rockfish over 200 yrs)**
- e. We need to breathe air
  - i. And even though you can't see it, and even when you can't feel it move ---it's there – it's REAL
  - ii. **Pinwheel Object lesson (kids make theirs, we'll blow these together later)**

## 10. Presence Series Tie in

- a. **Presence – living CONNECTED to God**
  - i. Fullness – made to experience God's presence and connection
  - ii. Awareness – in the midst of our distracted lives, we need to set time and space apart to cultivate awareness of his spirit
  - iii. Retreat to Advance – we're so tired and busy, but we desperately need to retreat, connect with God in extended ways, so we can advance in our lives
  - iv. Growing our Hunger – engaging with our emotions
- b. **We were made to experience and live in God's presence!**
- c. **God's presence most easily experienced was in the person of Jesus.**
  - i. Could see, touch, talk with him – even fall asleep with your head on his chest, as John did!
  - ii. But when he ascended back to heaven, he sent us his Holy Spirit
  - iii. **God's presence with us now, as we await JC's return, is in God's Spirit**
    - 1. Who comes and lives with all those who put their trust in Jesus.
    - 2. So NOW, God's presence is most fully experienced through his Spirit.
- d. **But in some ways, it seems harder.**
  - i. Can't see his Spirit!
- e. **And just like the air, many of us have trouble experiencing the reality, the presence of God**

- i. Oh we know the right answer. We'd get that question right on the test
- ii. But that head knowledge is hard to translate into EXPERIENCE knowledge. KNOWING

**f. That's what we're going to talk about today – Our need and struggle Breathing in the Spirit**

**11. This analogy of air with God's spirit is a good one, Biblically speaking.**

- a. Did you know the original Hebrew word for Spirit is the same word for breath and wind?
  - i. **RUACH** - Sounds like a breath when you say it - ruahhhh(c) – practice together
  - ii. SPIRIT, Breath, Wind, all same word – deep connection

**b. Very first mention in bible: genesis 1**

- i. In the beginning
  - 1. Trivia: all this BEFORE day 1 of creation, so bible has nothing at all to tell us about the specifics of the age of the universe or the planet!
- ii. Then we come to verse 2. .... Spirit RUACH of God, hovering over the dark chaotic waters.
  - 1. Then God's breath forms into words, and he begins forming our world
- iii. **The bible BEGINS with God's ruach bringing a dead, empty, unformed planet into a place formed and fit for and filled with life!**

**c. Then Adam**

- i. **Genesis 2: 7** Then the LORD God formed a man<sup>[c]</sup> from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.

**d. God takes dead dirt orders and forms it .... and breathes his RUACH into him. And Adam came to life!**

- i. Takes HIS first breath. Him from whom all of us are descended.

**12. The Old Testament is filled with stories about God's RUACH as a wind or breath**

- a. Genesis 8:1 – God sent a great **Wind (RUACH)** to drive back the Noahic flood waters
- b. Then in Exodus 10:13 – Moses raises his staff against Egypt, who was enslaving and imprisoning the Israelites, and God sent a **WIND RUACH that blew in the a plague of locusts**
- c. Exodus 14: God sends his **RUACH, a strong wind to make a way through the waters of the sea**, so the Israelites could cross through on dried land.
- d. Most notably when leading the Israelites out of Egypt, **a great pillar of cloud (sounds like a tornado!)** led them (and it glowed with fire at night).
- e. Then in Numbers 11:31 – God sent a wind RUACH to bring in **mountains of quail** for the Israelites to eat in the wilderness.

**i. God's RUACH is constantly bringing deliverance and life to his people**

**13. But only a handful of humans in all of human history since adam and eve sinned, had God's Ruach fill them. All the way until the time of Jesus, had not only the breath of life in them generally, but God's Ruach specifically indwell and enliven their souls.**

- a. **God's presence, his Ruach, was experienced only at a distance** in the Temple, and not directly by most people.

- b. **Only a few are recorded as being filled** with or indwelt with the Ruach of God, and most of them only for short periods of time. Especially if they sinned. God's RUACH, his wind, his spirit, his breath, could be taken away.
- c. **1 Samuel 16 - King Saul** had God's spirit for a little while, but through his continued disobedience to God, God eventually took his spirit away from him. And that experience was so terrible for him, it drove him mad
- d. **King David** was one of them, and after a particularly terrible sin he committed, he BEGGED God in **Psalm 51:11 "Do not cast me from your presence or take your Holy Spirit from me."**
- e. God's Spirit was around. Came upon people from time to time. But most people wouldn't ever directly experience his RUACH's presence.

**14. Then. As BC turns to AD, God comes here.** His Word becomes flesh and Jesus moves into the neighborhood.

- a. He lives a perfect life. Dies a perfect Death as a sacrifice for our sins.
- b. And rises again from the dead **by the power of God's – SPIRIT – RUACH**

**i. In the NT, written in Greek instead of Hebrew RUACH, the word is PNEUMA -**

- 1. Same concept - Spirit - Still closely related to breath and wind!
- 2. Pneumatic brakes
- 3. Or Pneumonia

**15. John 20: 20b The disciples rejoiced when they saw the Lord. 21 Again Jesus said to them, "Peace be with you. As the Father has sent Me, so also I am sending you." 22 When He had said this, He breathed on them and said, "Receive the Holy Spirit.**

- a. And he begins the new work of breathing God's Spirit not just into dead dirt, to turn them into living beings, **but into LIVING BEINGS to turn them into RESURRECTION BEINGS!**
  - i. It's as profound a step** from physically alive to SPIRITUALLY alive as it is from dead dirt to living breathing life.
- b. GOD'S SPIRIT not only sustaining our lives but FILLING and empowering us to live eternal lives THAT START NOW

**i. His spirit never to be taken away! – something ENTIRELY NEW**

- 1. **Something God's been waiting for ever since that terrible day** in the Garden where his son and daughter rejected him and broke connection with him through embracing sin and self rule.
- 2. God's been eagerly awaiting this day!!!!
- 3. The parable of the **prodigal son** – we'll study here in a few weeks on Fathers Day
  - a. The father continues to love and long for his wayward son to return.
  - b. And he RUNS TO HIM with embarrassing display of desire to reconnect.

16. A few weeks later at Pentecost, these disciples were again hiding in a locked room, when

17. **Acts 2: <sup>2</sup> Suddenly a sound like the blowing** of a violent wind (PNEUMA) came from heaven and filled the whole house where they were sitting. <sup>3</sup> They saw what seemed to be tongues of fire

that separated and came to rest on each of them. <sup>4</sup> All of them were filled with the Holy Spirit (PNEUMA) and began to speak in other tongues<sup>[a]</sup> as the Spirit (PMNEUMA) enabled them.

- a. We find out a few verses later that everyone in Jerusalem heard the violent wind and came outside to check out what happened!

18. **God's spirit arrives in a tornado of wind AGAIN. And the Spirit began something new.** Anyone and everyone who trusts in Jesus can be filled with God's Spirit FOREVER.

19. **The same Spirit, the wind, the breath, the spirit of God that hovered** over the waters of the unformed earth, that breathed into Adam, that drove back the flood, that led the Israelites in a tornado, that filled the temple and gave life to all things, the spirit that raised Jesus Christ from the grave, never to die again, **THAT SPIRIT, now lives forever in each of us who trust in Him.**

- a. The same power that conquered the grave lives in me.

**b. Rom 8:11 "If the Spirit (PNEUMA) of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit (PNEUMA) who dwells in you."**

20. This kind of power is **hard to comprehend.**

- a. Psalm 33:6 says, by the word of the LORD the heavens were made, and by the breath (ruach) of his mouth all their host.

**b. How can we comprehend the spirit of the God of the entire universe living within us???**

- c. Not just the God of our planet.

- i. Or our vast solar system

- ii. Not just the creator and sustainer of our galaxy – takes light more than 100,000 years to cross once!

- iii. But the entire universe BILLIONS of GALAXIES separated by incredible stretches of empty space.

- 1. Filled with untold planets, stars, black holes, nebulae, quasars, magnetars

- 2. All singing praise to the One who made them, who flung them into being and sustains them second to second by his Spirit.

- 3. Who lives. In. You.

- 4. Presence.

**21. John 3:8 - The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit.**

22. **It's a mystery.** You can't tame or totally predict God's spirit. What he does. How he does it. Where he works. He's not a force to harness. Or a formula for power.

- a. **He's mysterious. But you can be sure he is at work.**

- b. And he's as close as your breath.

- i. Like deep sea divers, or astronauts with air tanks

- ii. Taking our breathing air with us

- iii. W/o his presence, we die

- iv. He has given us his spirit. His breath. The Air we breathe.

- v. **Anywhere we go. Take the breath of life** – not just for our lungs but for our souls – with us everywhere. Not just at church. But at home. In school. At Work. In your bed at night as the fears and shadows seem to close in around you.
- vi. We breathe Him in. And he lives in us.
- vii. **This is how God INTENDS his sons and daughters to live – breathing deeply, full and free.**
- viii. Free- not just to DO WHATEVER we want, but to BE who we were created to be
- ix. Sometimes we need reminding.

**23. We can't control him, but we can go where we see him working.**

- a. Where the pinwheels are spinning.
- b. We can wait patiently where the wind tends to blow.
- c. And pray.

**24. God's presence is mysterious. His spirit is mysterious.**

- a. **But it's also Promised**
- b. But he WANTS to be close to us
- c. He is not far from us
- d. He wants us to experience his closeness
- e. He has come close
- f. He is here.

25. We can take his breath, spirit, wherever we go!

**26. Don't have to fully understand how something works to know it's real**

- a. **To place your TRUST in it**
  - i. **Love, gravity**
- b. To orient yourself around finding and cherishing it
- c. Kids can do this
  - i. Adults can do this
  - ii. Christians and nonchristians can do it

**27. God wants you to live and move and have your being IN HIM**

- a. **Breathe in him**
  - i. **Don't hold your breath**
- b. The pure oxygen of the Spirit isn't safe
  - i. Pure oxygen tends to explode!
  - ii. That's partly why God's Spirit is also called a fire!
- c. To quote one of CS Lewis' most famous sentences about Aslan (God)
  - i. **He isn't safe, but he's Good**
- d. **And he wants to breathe into your heart the very air of life.** Bought at a price. The crucifixion of The Son of God for us. So that we who were far off can be brought near. Through the payment of his blood. Breaking down the barrier wall of hostility between God and us. So that He can breathe on us. And bring us back to life.
  - i. For NOTHING is impossible for him

e. **Kids – pinwheel – blow on them right now.**

i. **Adults**, also blow up and keep balloon as reminder of the reality of your breath and God's Spirit

ii. **(INVITE BAND UP)**

**28. Where do you see God working these days? – sense his presence**

a. **Where are the pinwheels spinning?**

29. Invitation

a. **What might it look like to go more fully?**

i. **As Jesus breathed on his disciples** The Holy Spirit, and he sent them. The early church eventually figured out that their call was to see where God was at work, and go join him there.

ii. Maybe this morning you sense somewhere or something God's calling you to join him in.

iii. **Take a moment right now to ask him to show you where he wants you to join him.**

b. **Others of you might feel like you're stuck** in the doldrums. The dead calm where nothing seems to be moving anywhere. You're a Christian. You've put your trust in Jesus and are indwelt by his Spirit.

i. **But it's really hard right now.** Really hard to hear his voice. See him move. Feel his presence.

ii. And you're stuck in the waiting.

iii. I'm kind of in one of those seasons right now myself.

iv. **I want to pray over you right now.**

c. Receive the Lord

i. I know some of you hearing my voice right now **have never placed your trust in Jesus for your life.** Never given over your life to him. But you want to.

ii. You're like the unformed earth, and the Spirit of God is hovering right above you, ready and able to bring you to new life.

iii. Don't hold your breath any longer. Open your heart to Him who loves and died for you.

iv. **Just pray – talk to him – something like this:**

1. Jesus, I'm so tired to trying to do life on my own.

2. I'm choosing to trust you now.

3. Please forgive me my sins and fill me with your spirit.

4. Thank you.

v. If you've prayed that today, **God's Word promises you** he's accepted you and loves you. And right now his Spirit has come to live with you. Never to leave.

vi. **We'd love to talk to you** more about this, help you get connected to help you grow and get connected. Please come talk to me or anyone else here after this service.

**30. End with a prayer of thanksgiving and desire for his presence.**