

The Four Breaths of God

And with that He breathed on them and said, 'Receive the Holy Spirit.'

JOHN 20:22

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In the beginning, God spoke-
and darkness gave way to light. Genesis 1:3

An empty sky filled with stars.
Waters pulled apart
and gathered into seas.
Dry land rose from the deep.

Creation unfolded
at the sound of His voice.

Then He bent low over dust,
shaped a body with His own hands,
and breathed life
into the form He had crafted. Genesis 2:7

Years later,
in a valley full of dry bones,
God breathed again-
and hope rose from the ground. Ezekiel 37:1-14

A sign that Israel
would live again
by the Spirit of God.

Restoration began
with breath.
In an Upper Room
shadowed by confusion,
Jesus drew close
to His disciples
and breathed the Spirit
upon them.

Their first experience
with the new creation
began with breath.

And on a hill
outside Jerusalem,
Jesus lifted His eyes
to the Father
and breathed His last.

Redemption was completed
with breath.

Four breaths of God.
Three breaths gave life.
The last breath
gave redemption.

Of those four breaths,
two came from Jesus.

This is not coincidence.
This is the pattern of God.

The breath that animated Adam,
that raised dry bones,
that touched trembling disciples-
is the same breath He surrendered
to bring you
into life with Him.

Your life
is not self-made.
Your hope
is not self-generated.
Your strength
is not self-sustained.

It is breathed
into you.

You may not know this
about Jesus,
but you are living
inside a story
that began

with God's breath
and was secured
by His last one.

Where do I need
the life, clarity, or strength
that only God
can breathe into me?

The God who breathed life
into Adam,
who breathed hope
into dry bones,
and who breathed the Spirit
onto His disciples,
is the God
who breathes life
into me.

The life in me
is not something I produce.
It is God-breathed.

Father,
thank You for breathing life
into Your people.

Breathe into me
where I feel empty,
unsure,
or weak.

Let the Spirit
who filled the disciples
fill me now,
in this moment.

I ask this
in Jesus' name.
Amen.