



The Breath of Life

by Mary Styles

Questions to consider, discuss or journal.

How does breathing affect your emotional state? Do you have experience with breath control or training your breath?

Notice your breath now. Place a hand on your chest and the other on your belly and notice which hand rises — this tells you whether you are a chest or a belly breather.

“the LORD God formed man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature” Gen 2:7

We are tied to our creator in every breath we take. How does that perspective change your actions?

After completing the breathing exercise, how did you feel? What did you notice? Describe your experience.

How has ruminating about the past and worrying about the future effected your relationship with God? What are the benefits of conscious, present-focused living?

“The God who made the world and everything in it does not live in temples made by man, nor is He served by human hands, as though He needed anything, since He Himself gives to all mankind life and breath and everything. And He made from one man every nation of mankind to live on all the face of the earth.” Acts 17:24-26