

# Breathe

October 29, 2017, Sermon by: Pastor Bryan Tomes

Be sure to have a bible – how will you fight without your sword? There’s nothing like the pages of scripture – cuz when your electronics go down, you still have this. When the power goes out, you still have this. How many know that the power will never go out of this [bible]?

- **Genesis 2:7** - *Then the Lord God formed the man from the dust of the ground. He **breathed** the **breath** of life into the man’s nostrils, and the man became a living person.*

- *This is an IMPARTATION OF LIFE that God has given us.*
- God breathed something of himself into us and man became a living person.
- What sustains us is the breath of God. We wouldn’t be here if we didn’t have breath.

## Intro:

- **Breath** - NOUN
  - **Hebrew Word** - *SAMA = breath / spirit*  
He breathed the spirit into the man, and the man became a living person.
  - **Webster's** - The word breath is a noun that denotes the **air or substance** inhaled or exhaled during breathing.

In order to breathe, you must inhale AND exhale. If you just inhale, that’s a breath. If you just exhale, that’s a breath. But breathing is BOTH inhaling and exhaling.

- **Breathe** - Verb
  - **Webster's** - The word *breathe* is a *verb* with the following closely related meanings:
    - **To inhale & expel air from the lungs.**
      - Both must take place
      - In order to breathe you must inhale & exhale
    - **To allow something to pass through**
      - Gortex is a material that allows to come in and go out – it’s “breathable” material.
- **Breathing**
  - The Process of Inhaling and Exhaling  
Breathing is when something is allowed to come in, and something is allowed to go out. Too many in the church allow something bad to come into their life. Or they don’t allow something to be released from their life – they don’t exhale.
- **Breathed** - Adjective – describing the substance that God breathed
  - **Hebrew Word** - *Napha = To Blow / To Breathe*
  - **Webster's** - having breath of a specific kind.
    - God's Breath is a Specific Kind !!!
    - To Impart Something - Impartation  
When God breathed into the man, He took some of Himself and imparted it into the man. God took His spirit and placed it into the man .. and the man continued to breathe from then on, because he now had breath. And man began to life by the impartation of life.

God created Adam and Eve and they started to trust in something other than God. When you stop receiving from God and releasing, you start to die because you're not breathing. But God wasn't going to just watch His creation die, so he forced them out of the garden with a blast of His breath.

Over time mankind was dying at earlier ages – from 900 years to 120 max. Eventually there was so much wickedness, women were having sex with angels, that God flooded the earth. It wasn't the water that killed the people, it was that they couldn't breathe. Only those on the ark, where they could breathe, survived.

Then God created a new covenant where he poured out his spirit UPON people. He called people out like Abraham and blessed him. Abraham breathed the spirit of God in and the spirit of God out and Abraham increased. God gave him a territory and a people. A new nation, Israel, every time they got close to God they got blessed. They would increase. But every time they rejected the things of God they would begin to decrease until they were exiled to Babylon because they trusted in something other than God. Their life without God was a life without hope.

Ezekiel was one of the first prophets for God in Babylonia and he began to live for God and speak for God, and God gave him a vision of a valley of dry bones – dead and dry – like some in the church today who have stopped receiving from God. When we start to walk away from God we start to dry up and we need a fresh touch from the Holy Ghost.

- **Ezekiel 37:1-6** - *The Lord took hold of me, and I was carried away by the Spirit of the Lord to a valley filled with bones. He led me all around among the bones that covered the valley floor. They were scattered everywhere across the ground and were completely dried out. Then he asked me, "Son of man, can these bones become living people again?" "O Sovereign Lord," I replied, "you alone know the answer to that." Then he said to me, "Speak a prophetic message to these bones and say, 'Dry bones, listen to the word of the Lord! **This is what the Sovereign Lord says: Look! I am going to put breath into you and make you live again! I will put flesh and muscles on you and cover you with skin. I will put breath into you, and you will come to life. Then you will know that I am the Lord.**'"*  
- **Impartation of Hope**

Israel was without hope – the enemy had come in and snatched them away. Maybe you feel like that today – the enemy has snatched you away. But if you open up and breathe in the breath of life, and let God put His life into you, you will be a person of hope with a future.

The first breath we saw in scriptures was the breath of life, and here in Ezekiel we have the breath or impartation of hope. We need to operate in this hope – we have the hope of glory living inside of us. Any situation we're facing, hope is from the inside and we can release it into our situation.

Ezekiel's vision was fulfilled and the nation of Israel came back to life. Now in John chapter 20, we see Jesus breathing on the disciples.

- **John 20:19-23** - *That Sunday evening the disciples were meeting behind locked doors because they were afraid of the Jewish leaders. Suddenly, Jesus was standing there among them! "Peace be with you," he said. As he spoke, he showed them the wounds in his hands and his side. They were filled with joy when they saw the Lord! Again he said, "Peace be with you. As the Father has sent me, so*

*I am sending you.” **Then he breathed on them and said, “Receive the Holy Spirit. If you forgive anyone’s sins, they are forgiven. If you do not forgive them, they are not forgiven.”***

**- Impartation of the Holy Spirit**

The disciples had watched their master beaten, flogged and hung to die – they were afraid this would happen to them too. Jesus had prayed for them that they be one as Jesus and the Father are one. When Jesus appeared to them, he breathed the Holy Spirit substance on them. This was the impartation of the Holy Spirit. This was the birth of the church thru the breath of the Holy Ghost. And again on the day of Pentecost, there was a wind (same word as breath) and they were all filled.

They needed something more than just good teaching – they needed the breath of God inside of them, leading them, in order to release something from God, you have to first receive the breath of God in you. Breathe on me Lord!

**1. Don't Stop Breathing - Breathe!**

God Put Breath In Us so We Could Breathe. It's the breath of life - Impartation of Life  
If you stop breathing, you stop living - Breathing Is Inhaling & Exhaling

The enemy wants to stop the flow of the spirit in your life. He wants to stop you from receiving something of God into your life, because then you will start dying in front of God.

Breathing is not just inhaling and exhaling, it's receiving and releasing. We've been called as conduits that God can pour into and pour out of. A lot of people want to take it in but never want to pour it out. The Dead Sea is dead because it takes in and doesn't pour out anywhere. Some people want the blessings of God but never want to be a blessing for God. We need to be in a flow.

What happens when you're under attack? We tend to hold our breath. What will get us thru our situation is breathing. Don't receive the negativity or attack and hold onto it. The devil might say you're not worthy, not good enough, you're not going to make it, you'll never be able to operate in miracles. You'll never get broke free, you'll never live the life God you to do. Say this, "I will never be broke another day in my life". We all have a prophetic voice with God – don't stop breathing out – don't stop releasing – you can't talk if you're holding our breath. If you get a word from God, don't hold it, release it. It's like working out – you have to breathe when you bench press. Your strength isn't in the pressing, it's in the breathing that lets you press out more than you thought you could. You need to believe that God can and God will. Declare your confessions. Keep on breathing.

**God Gives Us Hope & Future - Jeremiah 29:11**

A life without hope isn't a life at all. Breathe Hope In & Breathe Hope Out  
Breathe in the hope – fill yourself up with the Word of God, fill yourself up with the spirit of God. Get alone with God and let him breathe on you.

**2. Clear The Air - Beware of Toxic Intake!**

Breathing Is Important – and WHAT you are breathing is just as important as breathing itself. You don't want to be breathing in toxins – cleansers or carbon monoxide (smoking) – those things need to come out of you. I pray that you will never smoke ever again – you will be released by God.

Toxic breathing leads to toxic living. What you're taking in is what you're dishing out. Toxic intake will cause problems in your body. When you take in nicotine, you bring in pollutant inhabitants into your body. You allow your body to take cancer in.

What about other contaminants? We breathe in things that cause us pain and then wonder how they go there? But we allowed them in our lives – and what comes in is going to come out.

What you're filling up on and feasting on is going to be produced in your life. Your body is designed to take things in, keep what's good and get rid of what's bad. What are you ingesting? Don't let dysfunction and negativity and complaining and all of these things come into your life – it's going to produce a harvest of unrighteousness.

When these things come into OUR body, it also can come into the body of Christ. Those who complain, gossip and bring disharmony, we call them out as the wolf they are. We are here to protect you – as your pastor/shepherd, I'll use my rod to beat off a wolf because it's a matter of life and death. How can we bless people when there's dysfunction in the house of God? I pray for a supernatural release, a dose of the Holy Ghost.

### **3. Take Deep Breaths - No Shallow Breathing**

A quick study shows we predominantly only use 30% - 40% of Lungs capacity - Shallow Breathing. Shallow breathing leads to shallow living. It's time to take some deep breaths of God's spirit.

The other 70% holds bad air because we breathe so shallowly and it never gets purged. If people don't breathe well, they don't sleep well. And if they don't sleep well, they don't eat well. And if they don't eat well, it doesn't go well.

The deeper breath that you take, the more it cleans out your system. It puts more oxygen in your blood – improper breathing hinders blood flow. Improper spiritual breathing hinders the flow of the blood of Jesus in our lives, that covers our sins and provides that new covenant for us. We need to take some deep breaths of the spirit of God.

A deep breathing Christian is like the ones who come on Sunday acting like they are holier than thou yet during the week they're partying like a rock star thinking God is blessing them. Everything reaps a harvest – everything is seed, time and harvest.

So let's breathe in the Holy Ghost and pray that every one of you receives another measure of that Spirit of God. God would breathe the breath of life, the breath of the Spirit and the breath of hope into you.

Take a deep breath – in and out. And again. Now when we read our bibles like that and take in the Holy Spirit, we take in deep breaths of the things of God.

I invite you to the altar to let God breathe on us. I don't know what you need but the breath of God will drive it out, never to return. Outside of the Spirit we can do no good thing – that's just works. We need a fresh touch from God.

Fill me Lord with Your presence, breathe on me Your breath of life. Breathe on me, the hope of glory. Breathe on me, the Holy Spirit.