
BREATH



> *Genesis 2:7* <

The LORD God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.

I love this image. We were inanimate, lifeless, a lump of mud, then . . . God breathed life into us. It's pretty awesome that people can go 40+ days without food and four days without water, but only four minutes without air before we die.

Every time you take a breath it's an involuntary action. You do it without thinking. It's the thing that keeps you alive, thinking, walking, and functioning. Every time you draw in a breath of air your body is saying to the world that you'll live for another moment. Every time you draw in a breath you are also saying that this is something you depend on; without it you will cease to exist. Every time you breathe it's an admission that you can't do this on your own.

God gave us this tension to live in. We have the most amazing abilities to do so much, but we're still completely dependent on this one simple thing: breathing. Something that we think so little about means so very much to us all. How many other things in our lives do we take for granted? How many other things do we do each day and never realize their importance? God breathed life into us at creation and continues to breathe life into us today. Take a moment to breathe in deeply and thank God for this gift.

Go and Do

Stop what you're doing. Take a deep breath. Exhale slowly. Now another. Deep. Exhale. Deep breathing, especially during times of stress can be so very helpful. When we breathe shallow breaths, we deprive our brain of oxygen and that can hinder our ability to think, and usually compounds the problem that we're facing. Next time you're stressed, slow down, breathe, and thank God for the gift of life.
