

# BREATHE

# INTRODUCTION

Christians confidently affirm the existence of one God, who exists eternally in three persons. The Father and the Son are the most familiar to most Christians. But the Bible's teaching about the Holy Spirit is deeper than most people comprehend. While the focus of our faith is rightly on Jesus, our Savior, it is freeing to understand the wonderful works of the Spirit, who brings us all the benefits won for us by Christ?

## DISCUSSION

How would you describe SPIRIT without using any “Christian words”?

## EXPLANATION

How have you heard the word SPIRIT described by different people?

Why do you think we must use “Christian words” to fully understand the Holy Spirit?

## What is the difference between your spirit and God's Spirit?

## APPLICATION

## What does it mean to “receive the Spirit?”

## What does it mean to “walk in the Spirit?”

## What does it mean to be “filled with the Spirit?”

How does the Spirit shape (or reshape) you from the inside out?



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## Genesis 1:1-2

John 4:24

Job 12:10

Isaiah 42:5

## Ephesians 6:12

Luke 4:1

Luke 11:11-13

John 3:34

John 20:22

2 Corinthians 4:16-18

# WEEK 1 NOTES

## & SCRIPTURE VERSES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

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**Genesis 1:1-2** *“In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.”*

Christians confidently affirm the existence of one God, who exists eternally in three persons. The Father and the Son are the most familiar to most Christians. But the Bible’s teaching about the Holy Spirit is deeper than most people comprehend. While the focus of our faith is rightly on Jesus, our Savior, it is freeing to understand the wonderful works of the Spirit, who brings us all the benefits won for us by Christ.

#### IN HEBREW THE WORDS FOR SPIRIT ARE:

- **Nephesh:** To breathe. It is used over 750 times (and is the only Hebrew word also translated as soul).
- **Ruah:** Breath (could be wind...or Spirit). The image is that of breathing, the movement of air that indicates life. Many take the symbolism to suggest that our spirit is a vitalizing principle, the unique and immortal personal life that is rooted in God.

*Ruah* is ascribed to God as well as human beings, while *nepes* is uniquely a human personal existence.

#### IN GREEK THE WORDS FOR SPIRIT ARE:

- **Psyche.** The meaning of *psyche* is established by its Old Testament counterpart, *Nephesh*. This is word we would translate as SOUL in the New Testament. It is used only 25x’s
- **Pneuma.** “Breath” or “wind.” It occurs nearly 400x’s the New Testament, AND MOST of the uses refer to God the Holy Spirit.

So when we talk to anyone about Spirit it is what animates us but also gives us life on much deeper level.

What is “the Spirit” without using “Christian Words?”

- **It is Nonmaterial essence** - When we talk about Spirit we are talking about Non-material reality
- **Sensory transcendence** - We have our 5 senses (taste touch smell sight hearing) – we grasp realities with these but there is a reality BEYOND our senses that is just as real.

When Jesus says **God is spirit**, at the heart of the Christian message, there is an affirmation of “spirit” ...but **God’s Spirit** fuels all life, dignity, hope, and creation. He is not only separate and distinct FROM creation, but is also personable and relational through His own revelation.

*John 3:34* *For the one whom God has sent speaks the words of God, for God gives the Spirit without limit.* When you walk with God, have been saved by His life, and filled with His Spirit; this when you live in an awareness that life is not about you. When you walk in a relationship with God’s Spirit where you realize everything you could ever need; God has. Being filled with the Spirit is coming to the end of yourself and living in dependant trust upon Christ.

WHEN WE TALK ABOUT RECEIVING THE SPIRIT, WALKING IN THE SPIRIT, BEING FILLED WITH THE SPIRIT it should mean that we are so surrendered to God’s Spirit, that it so fills us THAT HIS SPIRIT begins to shape, reshape, and renew everything about us from the inside out.

