

Breathing in Jesus

Gospel and Grace] GET THE
God's Story/ Your Story] GOSPEL

Reading the Word] GROW
Breathing in Jesus] IN

Worship and Upbuilding] GATHER
Serving and Calling] AROUND

Family] GO
Going] WITH

Breathing in Grace

Your Grace Finds Me – Matt Redman

I'm breathing in your grace, and I'm breathing out your praise!

Grace is the foundation of our relationship with Jesus, and the continuous **air** that we must **breathe**. In order to grow in the gospel, we must breathe in the grace of Jesus deeply and constantly.

Smith Wigglesworth

If you want to grow in God's grace, get hungry to be fed by it, thirsty to cry out for it, and broken so you can't live without it.

Q – What do you feel when you hear: Jesus finds joy in meeting with you personally?

--- Read and receive this portion alone ---

Pray this prayer

God, you want to know me. God, help me receive you. Help me to breathe you in and receive your love. God, quiet my soul before you. God, drown out the noise that distracts my heart from feeling you.

Breathe in and out two big times. Still your mind. Welcome Jesus' presence in and around you.

Read this text slowly, Philippians 3:7-8

But whatever gain I had, I counted as loss for the sake of Christ. Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ.

Consider everything loss that is tempting you to find gain outside of Christ. Identify and detach the potential idols in your heart, good and bad, where your flesh might be tempted to find identity **outside** of Christ.

Q – What things are you prone to find your identity in outside of Christ?

Q – What gives you the greatest pleasure in life?

Q – What soothes your pain?

Q – What earthly thing are you placing too much value in?

Pray this prayer

At the core of my spirit I am not a successful person or a failure, a wealthy or a poor person, a person who needs to be honored, a good or a bad person. At the core, my identity is not being a successful person, influential person in the church, daughter, son, husband, wife, kind person, angry person, driven person or effective person. I am not a _____ (fill this in with an area of idolatry identified earlier).

Be receptive. Be silent. Be still. Resolve in your heart and mind to be attentive to the work of the Spirit.

Read this text slowly. Let the words sink in, **2 Corinthians 5:21** – *For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.*

Pray this prayer

I was created for union with God. I came into this world in sin but longing for perfect love. I am now clothed with Christ's righteousness, with full pardon from guilt and full acceptance from God. I am **precious** in His eyes. God calls me beloved. **This** is who I **truly** am.

Q – What is Jesus speaking to you?

--- Come back together and share your answers and thoughts ---

Breathing in Jesus

The Vine

John 15:5

I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

Q – How can we bear fruit?

Q – How does that look specifically for you?

His Rest

--- Read and consider this portion alone ---

Hebrews 4:9-11

So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his. Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

Proverbs 3:5

Trust in the Lord with all your heart, and do not lean on your own understanding.

Q – How much of my life has been abiding in Christ over leaning on my understanding?

Q – Have I experienced this Sabbath rest of God where I have rested from my works?

Q – To what degree does my community/family help me enter into this rest?

Q – Where is my soul agitated?

Q – What part of my life do I need to pursue his rest more (and more often)?

Receive these words from Jesus as a personal invitation, Matthew 11:28-30

*Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and **you will find rest for your souls.** For my yoke is easy, and my burden is light.*

Pray this Prayer – The Road Ahead by Thomas Merton

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this, you will lead me by the right road though I may know nothing about it. Therefore, will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

--- Come back together and share your answers and thoughts ---

Q – What did Jesus reveal to you about yourself that you didn't previously know?

Q – What, if anything, bothered you about the above questions and reading?

Q – Where is Jesus inviting you to lay down your burdens and take his easy yoke?

Continue to Breathe

Plugging out of idols and plugging into Jesus (the Rock of Ages) is a daily activity for our heart, soul, and mind. Abiding in, resting in and learning from Jesus happen as we avail our lives to the work of the Spirit.

Colossians 3:1-2

*If then you have been raised with Christ, **seek** the things that are above, where Christ is, seated at the right hand of God. Set your minds on the things that are above, not on things that are on earth.*

Pray – Spend a few minutes thanking God for breathing life into your soul. Ask him to set new rhythms in your life to breathe him in regularly, deeply, and often.