



014 Breathe

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“With all that all of us have going on every day, who actually thinks about their breathing?”

Do you ever think about your breath?

Have you ever thought about your breath from a spiritual perspective?

“Do not come any closer,” God said. “Take off your sandals, for the place where you are standing is holy ground.”
-Exodus 3:5-6 (NIV)

“Moses has been walking this land for 40 years. I mean, it isn’t as if the ground all of a sudden became holy. The ground didn’t just change. It’s that Moses becomes aware of it. Which raises the question for us, ‘Are we standing on holy ground, all the time?’ Passing burning bushes on the left and the right, and because we’re moving too fast and we’re distracted, we miss them.”

What do you believe it means to be “standing on holy ground”?

Are we standing on holy ground, all of the time, but not aware of it?

“Moses says to God, ‘What is your name?’ And God responds, ‘Moses, you tell them the LORD sent you.’ Now this time, LORD, if you’re reading it in an English translation of the Bible, the name is spelled capital L, capital O, capital R, capital D. The name appears in the Bible over 6,000 times. But it wasn’t originally written in the English language, it was written in the Hebrew language. And in Hebrew the name is essentially four letters. We would say Y, H, V, H. But in Hebrew, the letters are pronounced: ‘Yod, Heh, Vav, Heh.’”

Have you ever thought about God’s name?

Have you ever thought about God’s name being anything different than just a name?

Vayomer od elohim elmoshe ko tomar elbenei yisrael YHVH elohei avotekhem elohei avraham elohei yitskhak velohei Yaakov shelakhani aleikhem zeshemi leolam veze zikhri ledor dor (Translated Hebrew)

God also said to Moses, “Say to the Israelites, ‘The LORD, the God of your fathers – the God of Abraham, the God of Isaac and the God of Jacob – has sent me to you.’”

-Exodus 3:15 (TNIV)

“Some pronounce the name ‘Yahweh’ or ‘Yahveh’ although in many traditions the name isn’t even pronounced, because it’s considered so sacred, so mysterious, so holy. In fact, the ancient rabbis believed that these letters actually functioned kind of as vowels in the Hebrew language. They believed that they were kind of breathing sounds and that ultimately the name is simply unpronounceable because the letters together are essentially the sound of breathing. Yod, Heh, Vav, Heh. Is the name of God the sound of breathing?”

If the name of God is the sound of breathing, how does that change the way you view yourself as a living being?

How does it change the way you view others?

And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being. -Genesis 2:7 (NKJV)

“There’s this paradox at the heart of what it means to be a human being. We’re fragile and vulnerable, we come from the dust.”

“And yet at the same time we’ve been breathed into by the creator of the universe. And this divine breath is in every single human being.”

In what ways do you feel fragile and vulnerable?

Are there ways in which you feel sacred and divine?

Do you think it’s possible to feel both ways at the same time?

“In the Bible, the word for ‘breath’ is the same word as the word for ‘spirit’. In the Hebrew language it’s the word ‘ruah,’ in the Greek language, it’s the word ‘pneuma.’

One Scripture says that when God takes away the ‘ruah,’ the breath of all living creatures, then they die and return to dust. But when God sends the ‘ruah,’ the Spirit, they are created. Breath, Spirit, same word.”

If the words for “breath” and “spirit” are the same in biblical context, does that affect your view of yourself and others?

“When you let God in, when you breathe, what happens is you become aware of all the things you need to leave behind, everything you need to let go of.”

“If you were to be totally honest about what’s going on inside of you, is there anything you need right now to breathe out?”

What do you have that you need to let go of – what do you need to breathe out?

What can you do in your life to make sure you don’t miss that you’re “standing on holy ground”?

One God and Father of all, who is over all and through all and in all. -Ephesians 4:6 (NASB)

“You are a sacred creation of God. The divine breath is flowing through you, and it’s flowing through the person next to you and it’s flowing through the person next to them. You are on holy ground. There is a holiness to the people around us and how you treat them. Jesus said that whatever you do for them, you’ve done for him.”

Do you believe God is inherently in every single person?

If so, when we treat someone disrespectfully, does it mean we’re really treating God disrespectfully?

And if we do things with love and care for others, are we inherently doing it for God?

“May you come to see that God is here right now with us all of the time. May you come to see that the ground you are standing on is holy. And as you slow down, may you become aware that it is in ‘Yod,’ ‘Heh,’ ‘Vav,’ ‘Heh’ that we live and we move and we breathe.”

MY NOTES: