

Genesis 2:7 HCSB

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

Neshima - Breath

Neshama - Soul

Breathing realigns my soul!

Breathing shifts my priorities

Psalm 39:4-5 ESV

“O Lord, make me know my end and what is the measure of my days; let me know how fleeting I am! Behold, you have made my days a few handbreadths, and my lifetime is as nothing before you. Surely all mankind stands as a mere breath! **Selah**

Psalm 90:12 NLT

Teach us to realize the brevity of life, so that we may grow in wisdom.

Breathing slows me down

Psalm 46:10-11 ESV

“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!” The Lord of hosts is with us; the God of Jacob is our fortress. **Selah**

“Jesus did not do it all. Jesus didn’t meet every need. He left people waiting in line to be healed.

He left one town to preach to another. He hid away to pray. He got tired.

He never interacted with the vast majority of people on the planet.

He spent thirty years in training and only three years in ministry. He did not try to do it all.

And yet, he did everything God asked him to do.”

Crazy Busy by Kevin DeYoung

Acts 13:36 NET

For David, after he had served God's purpose in his own generation, died...

Breathing strengthens my resolve

Psalm 46:1-3 ESV

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. **Selah**