

Breathe

I have an app that I both like and dislike.

I like it because it is helpful and beneficial. I dislike it because it's a bit preachy and inconvenient. It is a breathing app.

Every few hours the app buzzes my phone in a deceitful manner making me think I'm receiving the next all important email or text that will save the world from our present crisis; and I read, *"Take a minute to breathe"*.

Perhaps in the last week, while you are socially isolating, your life has slowed to a leisurely pace, maybe you are sleeping in until noon each day and finally taking up that obscure hobby that you've always wanted to do, like macrame. Good for you! This is not for you, feel free to stop reading and go back to "knotting".

But if you are like me you'll probably admit that everything is heightened during this pandemic. If so, you're doing a different kind of "knotting" in your heart. Are you heightened? The way you take in information. The way you talk with others. The way you eat. The way you think. The way you pray. Many of us are stressed and need a reminder, "Take a minute to breathe."

I am well aware of the importance of "taking a breath". You probably are too.

- Before a basketball player attempts a foul shot...breathe.
- Before a tennis player hits a serve...breathe.
- Before a Biathlete shoots a target...breathe.

In the Bible, Job is someone who is familiar with heightened emotion and he acknowledges not getting good breath which ultimately creates misery. (Job 9:18) We know that he was not referring to a sport he was playing, but this was a life in crisis with real ramifications and heartbreaking loss. This was more than a game and the breath he speaks of is more than lung capacity, it is a reality of a shortness of breath spiritually.

All our games have been cancelled (NBA, NHL, MLS, etc.) and we are experiencing our own life in crisis with real ramifications and heartbreaking loss. You're probably struggling to catch your breath...spiritually.

There's no shame in it. It's not as easy as reading your Bible once and you'll be supernaturally covered for the next 24 hours any more than you can breath once in the morning and you have enough oxygen for the rest of the day!

No, deep breathing spiritually is a persistent reminder of the Holy Spirit buzzing in your heart and soul saying, "Take a minute to breathe".

So, can you be quiet right now? Seriously, can you stop for a few minutes and read these next two passages; close your eyes and really let your heart breathe through these words?

These words need to be inhaled by you, allowing them to enter your spiritual bloodstream and connect to every part of who you are in the Lord.

Psalm 46:10-11

*He says, "**Be still, and know that I am God;***

I will be exalted among the nations,

I will be exalted in the earth."

11 The Lord Almighty is with us;

the God of Jacob is our fortress.

Psalm 150

Praise the Lord.

Praise God in his sanctuary;

praise him in his mighty heavens.

2 Praise him for his acts of power;

praise him for his surpassing greatness.

3 Praise him with the sounding of the trumpet,

praise him with the harp and lyre,

4 praise him with timbrel and dancing,

praise him with the strings and pipe,

5 praise him with the clash of cymbals,

praise him with resounding cymbals.

6 Let everything that has breath praise the Lord.

Praise the Lord.

Kevin Robbins Mdiv, March 2020