

A scenic view of a mountain valley, likely Yosemite, with a large circular overlay. The background shows a valley with a river, surrounded by steep, rocky mountains. A large, semi-transparent circle is overlaid on the image, centered on the text. The sky is a mix of orange and blue, suggesting a sunrise or sunset. The overall mood is serene and majestic.

# Gasping or Breathing

Retief Uys



1. Intro:

**Need some air?**

**Need to breathe?**

## **2. WE NEED TO BREATHE [Position]:**

### **2.1 Positioning:**

**‘We are in this world, but not of this world..’**

**John 18:36 (ESV)**

**Jesus answered, “My kingdom is not of this world. If my kingdom were of this world, my servants would have been fighting, that I might not be delivered over to the Jews. But my kingdom is not from the world.”**

**Philippians 3:20 (ESV)**

**20 But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ**

## **2. WE NEED TO BREATHE:**

### **2.2 Spirit and not flesh:**

**John 3:6-8**

**Flesh gives birth to flesh, but the Spirit gives birth to spirit. 7 You should not be surprised at my saying, 'You must be born again.' 8 The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit."**

### **3. THE WORD AND BREATH [WIND / SPIRIT]:**

**Genesis 1:1** In the beginning God created the heaven and the earth. **2** And the earth was without form, and void; and darkness *was* upon the face of the deep. And the Spirit of God moved upon the face of the waters. **3** And God said, Let there be light: and there was light.

**Genesis 2:7** ESV

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

### **3. THE WORD AND BREATH [WIND / SPIRIT]:**

**Job 33:4 ESV**

**The Spirit of God has made me, and the  
breath of the Almighty gives me life.**

## 4. WHAT TO DO: [How to Breathe / Action Points]

### a. Go Back to the Source:

#### Matthew 6:33 (KJV)

<sup>33</sup> But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

## **b. Waiting on the Lord:**

**Isaiah 40:31 (HCSB)**

**<sup>31</sup> but those who trust in the Lord  
will renew their strength;  
they will soar on wings like eagles;  
they will run and not grow weary;  
they will walk and not faint.**

**Isaiah 26:3 (HCSB)**

**<sup>3</sup> You will keep the mind that is dependent on You  
in perfect peace,  
for it is trusting in You.**

**c. Ask, ask, ask for the Helper:**

**John 14:26 (NKJV)**

**<sup>26</sup> But the Helper, the Holy Spirit, whom the Father will send in**

**My name, He will teach you all things, and bring to your remembrance all things that I said to you.**

**Ask for empowerment**

**John 20:22**

**And when he had said this, he breathed on them and said to them, “Receive the Holy Spirit.**

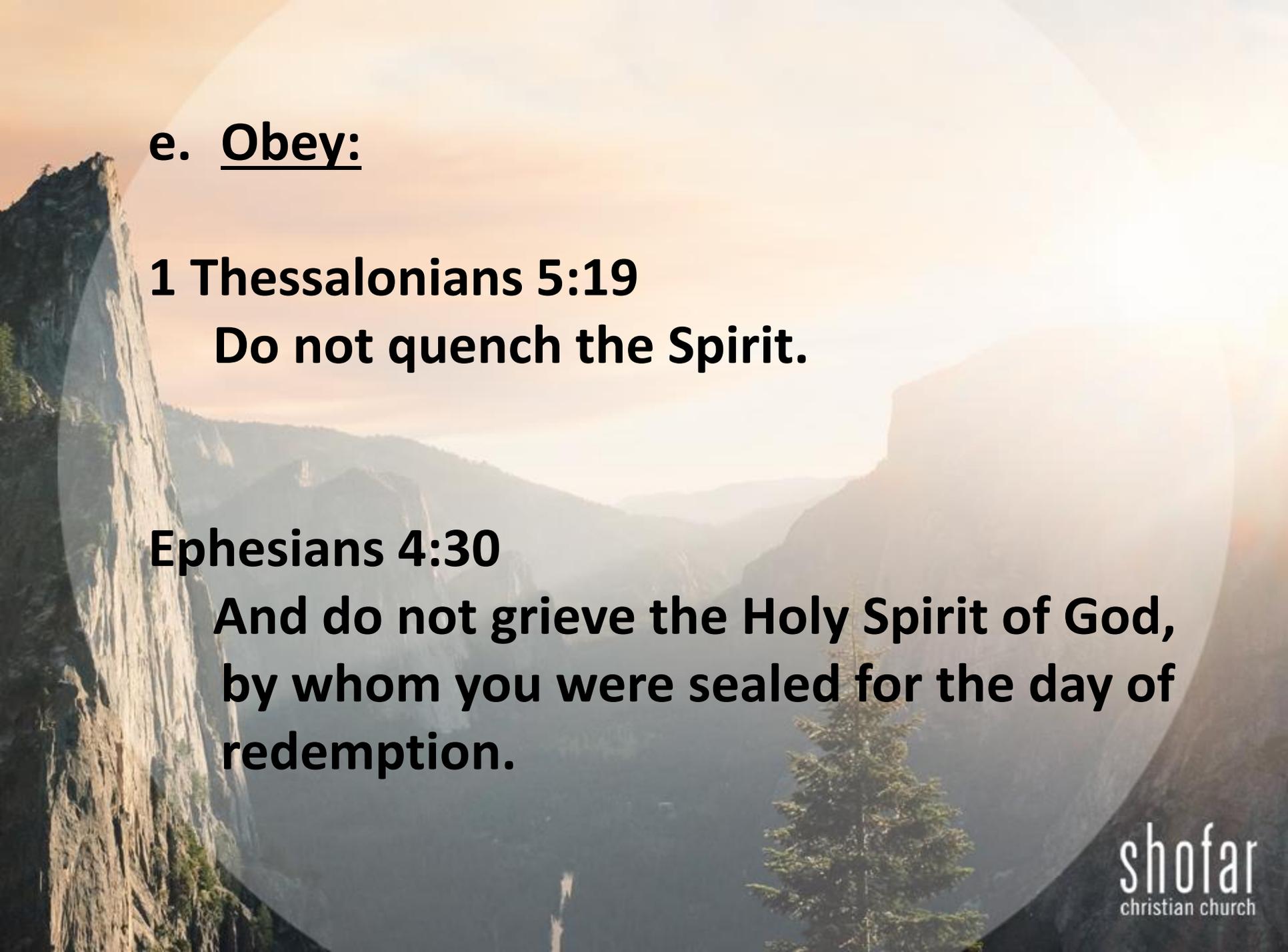
d. **Know where you are from:**

**Philippians 3:20 (ESV)**

**But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ,**

**2 Corinthians 3:17 (HCSB)**

**Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.**



e. Obey:

**1 Thessalonians 5:19**

**Do not quench the Spirit.**

**Ephesians 4:30**

**And do not grieve the Holy Spirit of God,  
by whom you were sealed for the day of  
redemption.**





**GASPING OR BREATHING ?**

**PRAYER**