



PART SEVEN

Growing Deeper in Christ Through Breathing

Psalms 19

Introduction

How many times do you breathe per minute or per hour?

Breathing is crucial for life.

Bible reading and prayer are crucial to our spiritual life.

I. Our Greatest Earthly Treasure

- A. The Gideon Bible
- B. Your Word is truth | John 17:17

II. Oxygen

- A. God's word never fails; it is always the same.
- B. It's the perfect book.

III. Breath In – God is Speaking | Psalms 19

- A. General revelation – Vs. 1-6
 - 1. Glory and power
 - 2. It's abundant – Vs. 2
 - 3. Universal – Vs. 3-6
- B. Special revelation – Vs. 7-14
 - 1. Its titles
 - 2. Its characteristics
 - 3. Its power
- C. The results of breathing in scripture:
 - 1. Refreshes your soul
 - 2. Makes you wise
 - 3. Gives joy in the heart
 - 4. It tastes like honey
 - 5. Transforms your life
 - 6. Keeps you from sin

IV. Breath Out God is Listening

- A. Scripture about prayer
- B. Reasons for prayer:
 - 1. Spiritual growth
 - 2. Guidance and comfort
 - 3. Gratitude and praise
 - 4. Overcoming challenges
 - 5. Intercession for others
 - 6. Confession and repentance
 - 7. Finding peace
- C. Jesus prayed often

Conclusion

How is your spiritual breathing?