

Tuesday “The Breath of God Brings Life”

Scripture

“When you send forth your Spirit, they are created.” Psalm 104:30

Reflection

God’s Spirit is life-giving.

In Scripture, the Spirit is described as breath; the breath that brought creation into being and the breath that renews weary souls.

Sometimes life drains us emotionally, physically, and spiritually. We may continue functioning outwardly while inwardly feeling exhausted.

But the Spirit of God still renews.

Not always dramatically.

Not always instantly.

But faithfully.

The Spirit breathes courage into fearful hearts and hope into weary lives.

Questions for Reflection

- Where do I most need renewal right now?
- What habits or burdens are draining my spiritual energy?
- How have I experienced God’s sustaining presence before?

Action Step

Reach out to someone who may be lonely, elderly, or discouraged this week. A simple phone call or message can become an instrument of God’s encouragement.