



WOW: Word Of the Week

Breathe

March 30, 2022

Instructions: breathe in, breathe out!

Leonard Allen in his book about the Holy Spirit, *Poured Out*, quotes Scott Sundquist who compares the worship and the mission of the church to breathing in and breathing out.

Healthy living—yea, staying alive--requires both. Have you ever tried to breathe in repeatedly without breathing out? Have you tried to totally empty your lungs without breathing in?

Our physical bodies need to balance breathing in and breathing out.

Sundquist suggest that the church breathes in as it assembles and worships, and that the church breathes out as it goes forth on mission. In our daily lives, we breathe out the spirit (and Spirit) that we have received in assembling.

When and where are you breathing out? Or are you mostly breathing in and seldom breathing out?