

## I. INTRO

- A. Learning to breathe
- B. Hard to live a full life without normal levels of oxygen
  - Where does this breath that's so important come from?

**Job 33:4 (NLT) For the Spirit of God has made me, and the breath of the Almighty gives me life.**

- **Just like breathing is essential to our overall health and well-being there is a spiritual application that is just as vital to our spiritual well being**

## II. LEARNING TO BREATHE

- A. The book of Psalms

**Psalm 150:6 (NLT) <sup>6</sup>Let everything that breathes sing praises to the Lord! Praise the Lord!**

- B. Learning to breathe is what gives us life

### **Lesson #1. Breathing has to be encouraged**

- **Praise and worship has to be encouraged**

**Psalm 150:1-6 (NLT) <sup>1</sup> Praise the Lord! Praise God in his sanctuary; praise him in his mighty heaven!  
<sup>2</sup> Praise him for his mighty works; praise his unequalled greatness!**

- **Our praise is to inspire the greatness of God in other people**

**Hebrews 10:25 (NLT) And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.**

**Psalm 33:6 (NKJV) By the word of the Lord the heavens were made, And all the host of them by the breath of His mouth.**

### **Lesson #2 – Proper breathing must be learned**

- **What happens when the demands and pace of life is greater than your oxygen supply?**

### **Lesson #3 – You have to do it**

- **Life giving worship must be expressed**

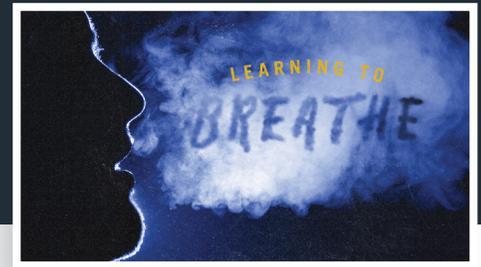


CHRISTIAN CENTER

## Learning to Breathe

Part 1  
July 30, 2017

Like your Life Depended on it



**Psalm 150:3-5 (NLT)** <sup>3</sup> Praise him with a blast of the ram's horn; praise him with the lyre and harp! <sup>4</sup> Praise him with the tambourine and dancing; praise him with strings and flutes! <sup>5</sup> Praise him with a clash of cymbals; praise him with loud clanging cymbals. <sup>6</sup> Let everything that breathes sing praises to the Lord! Praise the Lord!

### III. SINGING A NEW SONG

A. God wants to breathe new life into you

- If you're feeling tired or out of breath you might just need some fresh air

**Psalm 149:1-5 (NKJV)** Praise the Lord! Sing to the Lord a new song, *And* His praise in the assembly of saints. <sup>2</sup> Let Israel rejoice in their Maker; Let the children of Zion be joyful in their King. <sup>3</sup> Let them praise His name with the dance; Let them sing praises to Him with the timbrel and harp. <sup>4</sup> For the Lord takes pleasure in His people; He will beautify the humble with salvation. <sup>5</sup> Let the saints be joyful in glory; Let them sing aloud on their beds.