

# The 12 Days of Easter: Day 1, Breath of Life



## Day 1: Breath of Life

*And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being. Genesis 2:7*

### breath [breth]

#### noun

1. the air inhaled and exhaled in respiration.
2. respiration, especially as necessary to life.
3. life; vitality.

The **breath of life**. In ancient Hebrew the *neshamah chay*. God breathed into man and he was transformed from clay to flesh; Holy CPR apart from which there is no life. The very breath of God brought man to life.

Interestingly, in Hebrew **breath** does not just refer to *air*. It also means *spirit*. On the day man was born, God instilled in him a spirit, which also needs to be brought to life by a **breath** of the Spirit. Breathe and breathe again. Born and born again. The first birth, God wills and chooses. The second birth, God wills and man chooses.

When my boys were little babies, early in the morning, I would place them in bed with me. Face to face, heart to heart, breath for breath, breathing the same air. In order for someone to breathe upon you, you must be that close; in the very breath of their presence. Do you need God to breathe new life into the clay of your relationships, dreams, gifts, talents, and ministry? You must be face to Face, heart to

Heart, breath for Breath, in His Presence, inhaling the *breath of Life*.

### Point to Ponder:

What can you do to move closer to God today?

### Prayer:

Dearest Father,

As I look forward to Easter, the day of new life, I ask that You breathe new life into my heart. As the life-giving breezes of spring freshen the rooms of a house shut tight to the bitterness of winter, help me to open wide the chambers of my heart to be renewed by the *breath* of Your Spirit. Melt away the icy bitterness of unforgiveness, sarcasm, and cynicism, and bring forth the fruit of your Spirit. God, inhale and exhale life. Help me to breathe again.

In Jesus' Holy Name,

Amen.

breath. Dictionary.com. *Dictionary.com Unabridged*. Random House, Inc. <http://dictionary.reference.com/browse/life> (accessed: February 22, 2015).