

Spiritual Breathing

By faith you can continue to experience God's love and forgiveness.

If you become aware of an area of your life (an attitude or an action) that is displeasing to the Lord, even though you are walking with Him and sincerely desiring to serve Him, simply thank God that He has forgiven your sins - past, present and future - on the basis of Christ's death on the cross. Claim His love and forgiveness by faith and continue to have fellowship with Him.

If you retake the throne of your life through sin - a definite act of disobedience - breathe spiritually.

Spiritual breathing (exhaling the impure and inhaling the pure) is an exercise in faith that enables you to continue to experience God's love and forgiveness.

Exhale - confess your sin - agree with God concerning your sin and thank Him for His forgiveness of it, according to [1 John 1:9](#) and [Hebrews 10:1-25](#). Confession involves repentance - a change in attitude and action.

Inhale - surrender the control of your life to Christ, and appropriate (receive) the fullness of the Holy Spirit by faith. Trust that He now directs and empowers you; according to the command of [Ephesians 5:18](#), and the promise of [1 John 5:14, 15](#).