

## Breathe deeply!



**L**IKE THE FLAME OF A CANDLE, your body needs a continual supply of oxygen in order to stay alive. That is a fact of this natural life that also illustrates an important spiritual truth: If you want to keep burning brightly for the Lord (Matthew 5:16), you need to have a constant supply of the Holy Spirit. The Holy Spirit is like your spiritual oxygen supply, the very air that you breathe that keeps you alive spiritually.

The Hebrew word used throughout the Old Testament for “spirit” is *ruwack*, which also means “air” or “breath,” and the Greek word *pneuma*, translated as “spirit” in the New Testament, means the same thing. You need to be breathing that breath of the Spirit constantly or you’ll suffocate and die spiritually. Like the flame of a candle, your spiritual fire will go out.

Just eating is not enough to keep you alive; you also have to have air to burn that food, to give you energy. Just so, the spiritual food of God’s Word is not enough by itself; you have to have the oxygen of the Spirit to make it burn to give you power and energy spiritually. One or the other is not enough. You have to have both—God’s Word, combined with the breath of His Spirit!