There is in the word of your mind from the inside

God's word plants

The Lord God formed a man out of the dust of the earth and breathed into his nostrils the "breath of life" and the man became a living being. (Genesis 2:7) God's "breath" gives life! "Spirit" and "breath" are the same word in Greek and Hebrew. God's "breath" is his Spirit.God breathed His spirit into an earthen vessel and it became a living being.

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An Experiment to do with a parent:

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Put a votive candle in the bottom of a glass jar. This represents us before we knew Jesus. Have your parent light the Candle. The flame represents the light of Jesus thatis in us. The flame is being fed by the oxygen in the air.

That is what happens when you read your Bible, you are feeding the spirit inside you. If you put the lid on the jar, the Candle Can no longer "breathe" in the air, and the flame will slowly go out.

Breathing and Thinking Exercise:

- 1. As you inhale air try to fill your lungs all the way up, starting with the lower section in your belly, work your way up to your chest. As you breathe in, think about "breathing in" the Word of God.
- 2. See how many seconds you can hold your breath. (Eventually, you will have to let out your breath and bring in a new fresh clean breath.)
- 3. Now exhale, letting out your breath slowly. As you let out your breath, think about "breathing" the Word of God into someone else's life.

Once all your breath is out, you won't be able to exhale again, until you breathe in another time. That's the way it is with God's word as well. You must continually breathe in new fresh "breaths" in order to Continue to 'exhale' into the lives of others.

Record in your journal your favorite thing you did, or saw, or ate today Write down someone you would like to pray for

All scripture is given by inspiration of God". 2 Timothy 3:16

hear what God

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