

# York St Small Groups

## Sermon Based Studies

SUNDAY 8 November 2020

**Deep Breath – Breath of God**

*2 Timothy 3:16*



**These studies are designed to be explored after hearing the Sunday sermon and also to be accompanied by a time of prayer/sharing.**



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## **GETTING STARTED**

**Q1.** Share one highlight of the past week and one challenge you are experiencing in your life or faith journey recently.

**Q2.** Often our attitude, the language we use and the way we behave reflects that of those we spend time with, the music we listen to, the videos we watch and even the books we read. Therefore, we can often tell what we are breathing in by looking at what we are breathing out. Take a minute to perform your own spiritual breathalyzer test. Reflect on your actions, thoughts and the words you have spoken over the past week. What do they say about how you have been breathing spiritually? Do they reflect what you have been taking in?

## INTO THE WORD

*Read 2 Timothy 3:16*

**Q3.** As Christians we believe that the Bible is more than just words written by human hands and minds. We believe that all scripture is inspired by God and is the word of God. How does this change the way we read the Bible? When was the last time you read the bible and were taught, rebuked, corrected or trained in righteousness by it?

**Q4.** What does it mean to be trained in righteousness?

*Read Job 32:8*

**Q5.** The meaning of the 'breath of God' depends on the context in which it is used. Sometimes it refers to the spirit or the life God has given all of creation (Job 34:14-15). Sometimes it is used as a metaphor for God's will or activity (Job 4:9). In other places it refers to the Holy Spirit. Which meaning does the 'breath of God' have in the scripture you read? What does this mean for you today?

## **GOING DEEPER**

*Read Genesis 2:7*

**Q6.** God has breathed life into all living things – animals and humans alike. While we all have the breath of life, we don't all have the breath of God (the Holy Spirit). The Holy Spirit is something we receive when we are born again – that is when we have repented from our sins and come to believe in Jesus Christ (Ephesians 1:13).

How do you feel knowing not everyone has the breath of God in them? Is there a stirring inside of you to share the gospel with those around you so that they too can come to have the breath of God inside of them? If so, how can you practically do that this week?

**Q7.** Grounding ourselves in scripture and becoming familiar with God's word is a very important thing for us to do as believers. There are also other ways that we can 'breathe God in' such as, worship, prayer and service.

Which one of these practices helps you 'breathe God in'? Does this change depending on what situation you are in? Which one do you want to focus on and implement this week?

### **Pray**

Dear Heavenly Father, we ask that you would breathe into us once again, through your Holy Spirit, your word and your people. We ask for the ability to truthfully reflect on how we are breathing in our spiritual lives and for your grace to fill us as we do so. We thank you for giving us your Holy Spirit and your word – we pray that as we breathe these things in and fill our lives with things that are of you – that we would come to breathe them out as we live out our day to day lives. We pray these things not so that we may be glorified but that you may be glorified through us. In Jesus' precious name.

Amen.