



Breathe Deep, Stay Awake

We all know how vital oxygen is — without it, we lose consciousness, and after a few minutes, our bodies begin to shut down. But have you ever thought about how that compares to your spiritual life? When we stop connecting with God — when

prayer, worship, and Scripture fade from our daily rhythm — our spiritual awareness starts to dim.

After three minutes without oxygen, the brain can suffer lasting damage. Extended time without prayer can leave our hearts numb to God's voice. And after five minutes without oxygen, life itself stops. The same happens spiritually when we cut ourselves off from God — we lose the breath of life that keeps our faith alive.

Scripture Focus:

“Let everything that has breath praise the Lord.” — Psalm 150:6

Reflection:

Write A Short Sentence In Answer To The Following Questions:

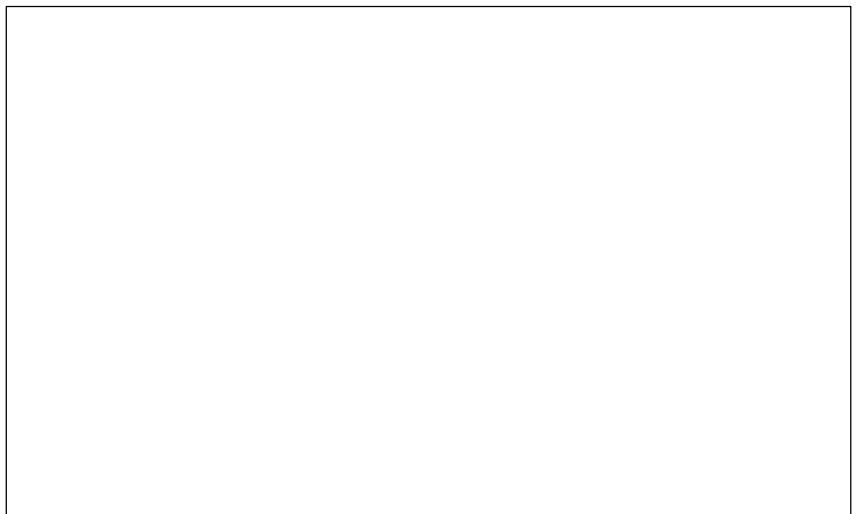
- What does it mean to breathe spiritually?

- How can you tell when your spiritual life feels short of breath?

- What helps you reconnect with God when you feel distant?

Visual Prompt:

Draw yourself taking a deep breath of light while imagining God's presence filling your lungs with peace and strength.



Don't Hold Your Breath!

Life moves fast — school, friends, sports, social media. It's easy to forget to pause and breathe spiritually. But just like your body needs oxygen to keep running, your soul needs God's presence to keep growing.



When you pray, you inhale grace. When you worship, you exhale gratitude. When you read Scripture, you fill your lungs with truth. So, don't hold your breath — keep breathing in God's love every day.

Challenge:

Try this for this week:

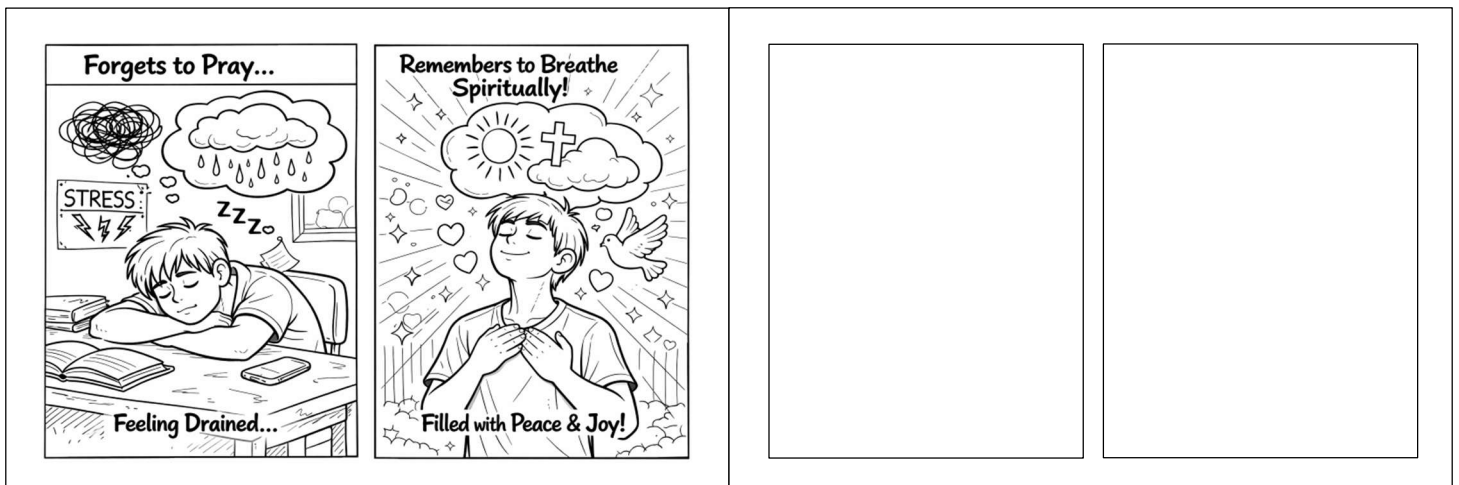
Morning when waking up – Inhale – Say, “God, fill me with your Spirit.” Repeat 3X

Midday – Exhale – Say, “Help me share Your love.” Repeat 3X

Night when going to bed – Inhale – Say, “Thank you for today.” Repeat 3X

Activity:

Color the two-panel cartoon showing a teen who forgets to pray and feels drained — then remembers to “breathe spiritually” and regains joy and clarity. Or create your own two-panel cartoon. Or do the coloring thing AND create your own.



Verse To Memorize:

“The Spirit of God has made me; the breath of the Almighty gives me life.” — Job 33:4

Closing Thought:

Every breath is a reminder: God is near. Keep your spiritual lungs open — stay connected, stay alive in Him.