



Staying Alive In God!

Bible Verse Of The Week:

"Draw near to God and He will draw near to you"
- James 4:8

Big Idea: Spiritual Oxygen

Just like our bodies need oxygen every single moment, our souls need God. If we stop breathing, we get weak fast. And if we stop praying, reading the Bible, or thinking about God, our spiritual awareness gets weak too. Your excerpt says that

after only a few minutes without oxygen, a person can faint — and after a long time, the body can be harmed. In the same way, when we take long breaks from God, our hearts can forget what's true, what's right, and what brings joy. But here's the good news: God is always ready to breathe life back into us the moment we turn to Him.

Try This:

Take a deep breath in... then out... Do it again... Now say quietly, "God, I want to stay close to you." That's spiritual breathing - remembering God is with you.

Illustration Prompt:

Draw a big pair of lungs to the right filled with words that give spiritual life (like "prayer," "love," "Bible," "devotion," "oneness," "gratitude," "kindness," "holiness," "worship," "awe," "worship," "kindness," etc.). Make them colorful and full of energy. Did you know: Your lungs take about 20,000 breaths every day. Imagine if we remembered God even half that often - our hearts would stay strong and joyful!



Don't Hold Your Breath!

Devotional:

When someone holds their breath too long, they get dizzy. When we "hold our breath" spiritually — by skipping prayer, ignoring God, or forgetting His Word — we can get spiritually dizzy too. We forget what matters. We lose peace. We feel far from God. But God never moves away from us. He's like the air — always here, always ready to fill us with life.

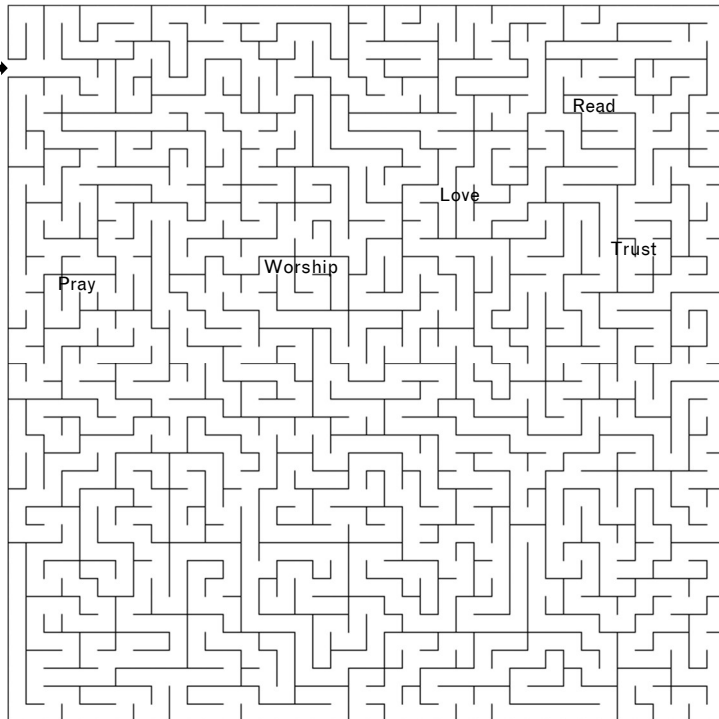
Puzzle - Oxygen Or Not?

Circle the words that help your spiritual lungs stay healthy:

Prayer Complaining Reading Scripture Being Unkind Worship Forgiveness
Ignoring God Helping Others Thankfulness Surrendering Our Will

Mini-Maze:

Find the way from "Out Of Breath" to "God Gives Us Life."



Reflection:

Finish the sentence:

This week I will breathe spiritually by:

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



(Examples: praying before school, reading a Psalm, thanking God each evening at bedtime, etc.)