



# REFLECTION

## Wednesday

The word "spirit" occurs 659 times in the Bible. The word spirit or pneuma in Greek means "breath" or "wind." Breath represents life and therefore the Holy Spirit is also called the Spirit of Life (John 6:63). The fact that I breathe and receive the gift of life is attributed to the working of the Spirit. It is said of John the Baptist that he was already filled with the Holy Spirit in his mother's womb. Paul thinks of the life within him like this: "The Spirit of God has made me, And the breath of the Almighty gives me life" (Ephesians 4:23).

1. Take a deep breath for a few seconds. Reflect on God who gives you his Spirit as breath.

2. Ask the Lord anew to be filled with His Spirit while you continue to pay attention to your breath.

3. What moments during your day gave life or energy?

4. Express your gratitude to Him for the gift of life He gives you.