

# CHRONIC BREATHING PROBLEMS



**Just Breathe:  
Reconnecting with Christ in a Crazy World**



“Therefore the Lord God sent him out of the garden of Eden to till the ground from which he was taken.”

Genesis 3:23

# IDENTITY

Definition: what you believe to be the truest thing about you

**KING SOLOMON...**

**For as he thinks within himself, so he is.**

**Proverbs 23:7**







# SCARS





READ SCRIPTURE



A NEW UNITED HUMANITY THAT LIVES IN

PEACE

ONE SPIRIT  
GIFTS  
AND  
SERVICES



SIGNS OF THE SPIRIT



SPIRITUAL  
EVIL

EXPERIENCE  
THE POWER  
THAT RAISED JESUS  
FROM THE DEAD



# PAUL'S LETTER TO THE EPHESIANS



NEW TEMPLE

(6:10-29) THE ARMOR OF GOD

UNITY DOES NOT = UNIFORMITY

OLD BUILD UP THE CHURCH



NEW



COVENANT FAMILY



## ST. PAUL...

I, therefore, the prisoner of the Lord, beseech  
you to walk worthy of the calling with which  
you were called

**Ephesians 4:1**



**ST. PAUL...**

with all lowliness and gentleness, with  
longsuffering, bearing with one another in love

**Ephesians 4:2**

## ST. PAUL...

23 and be renewed in the spirit of your mind,  
24 and that you put on the new man which was  
created according to God, in true righteousness  
and holiness.

**Ephesians 4:23-24**



## ST. PAUL...

25 **Therefore**, putting away lying, “Let each one of you speak truth with his neighbor,” for we are members of one another. 26 “Be angry, and do not sin”: do not let the sun go down on your wrath, 27 nor give place to the devil.

**Ephesians 4:25-27**

## ST. PAUL...

Let no corrupt word proceed out of your mouth,  
but what is good for necessary edification, that it  
may impart grace to the hearers.

**Ephesians 4:29**



## ST. PAUL...

And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own

**Ephesians 4:30 (NLT)**

## ST. PAUL...

31 Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. 32

And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

**Ephesians 4:31-32**





the **and** **my body**  
flames, **but have not love, I gain**

**4**Love is patient, love is kind. It  
envy, it does not boast, it is not pro  
not rude, it is not self-seeking, it is

impressed, it keeps no record of wrong  
done, it does not delight in evil but rejoices  
in truth. No one can take away its love.

## ST. PAUL...

Imitate God, therefore, in everything you do,  
because you are his dear children.

**Ephesians 5:1**



## ST. PAUL...

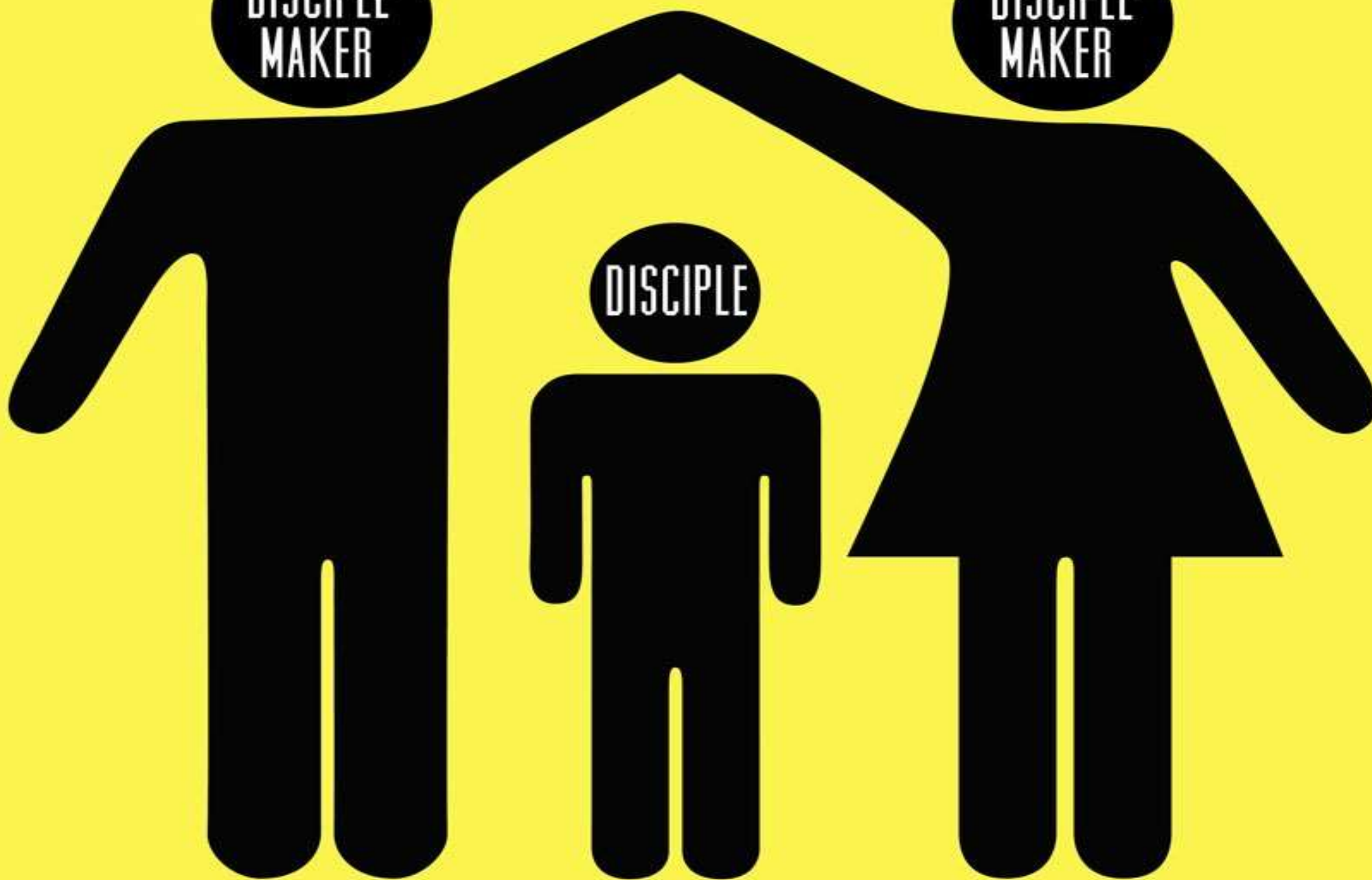
3 Let there be no sexual immorality, impurity, or greed among you. Such sins have no place among God's people. 4 Obscene stories, foolish talk, and coarse jokes—these are not for you. Instead, let there be thankfulness to God.

**Ephesians 5:3-4**

DISCIPLE  
MAKER

DISCIPLE  
MAKER

DISCIPLE





**VISION**

— V —

**GOAL**



# TRANS FORM ATION



I am the **salt of the earth** (Matthew 5:13)

I am the **light of the world** (Matthew 5:14)



I am a **child of God** (John 1:12)

I am a **Christ's friend** (John 15:15)

I am a **temple of the Holy Spirit** (1 Cor.3:16, 6:19)

I am a **saint** (Eph. 1:1, 1 Cor. 1:12; Phil. 1:1; Col. 1:2)



I am **God's Masterpiece** (Ephesians 2:10)

I am **part of God's family** (Ephesians 2:19)

I am a **citizen of heaven** (Phil. 3:20; Eph. 2:6)

I am **chosen by God** (Col. 3:12)



I am **holy** (1 Thessalonians 1:4)

I am **called by God** (Ephesians 4)

I am a **foreigner in this world** (1 Peter 2:11)

I am **born of God**, and the evil one cannot touch me  
(1 John 5:18)

I am **forgiven** (Romans 5:1)



I am a **new creation** (2 Cor. 5:17)

I am **free** (Hebrews 4:16)

I am **loved** (Eph. 3)

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