

I. FACTS ABOUT THE HUMAN BREATH

- A. The average person takes 20,000–25,000 breaths a day—most without ever thinking about it.
- B. Breathing is automatic, yet we can choose to control it—making it one of the only functions that is both involuntary and voluntary.
- C. We don't breathe because we're low on oxygen—we breathe because carbon dioxide rises.
- D. A deep, slow breath can calm the nervous system in seconds.
- E. Nasal breathing releases nitric oxide, which improves oxygen delivery and immune function.
- F. You can't see breath, but you can see its effects everywhere.
- G. Breath leaves your body warm, moist, and alive.
- H. Over a lifetime, a human will take nearly half a billion breaths.
 - 1. "Breath is invisible, essential, life-giving, and constant—and Scripture says the Spirit of God is like that too."
 - 2. "What keeps us alive physically may be God's way of teaching us how He keeps us alive spiritually."
- I. In our reading we will see the Holy Spirit as the Breath of God and He is the key to keeping us alive spiritually.

II. CONTEXT OF JOHN 20:22

- A. On the evening of the same day that Jesus rose from the dead, His disciples were in a house with the door shut and locked traumatized with fear of the Jew's. Mary Magdalene just came and told them that she had seen the resurrected Lord, but they seemed to remain in unbelief.
- B. The disciples were paralyzed with fear, stricken with shame, confused, and uncertainty dominated the room they were in. Resurrection day, evening (John 20:19)

- C. Suddenly Jesus appeared through the locked doors declaring peace to them, and showed them His pierced hand and side turning their fear, shame, and hopelessness to gladness.

III. READ JOHN 20:19-22

- 1. 19 Then, the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled, for fear of the Jews, Jesus came and stood in the midst, and said to them, "Peace be with you." 20 When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. 21 So Jesus said to them again, "Peace to you! As the Father has sent Me, I also send you." 22 And when He had said this, He breathed on them, and said to them, "Receive the Holy Spirit. 23 If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.**

IV. JESUS CAME TO THEM TO DO FOUR THINGS

1. First, He came to speak peace to their traumatized hearts.
2. Second, He breathed the Holy Spirit into them, imparting new life.
3. Third, He commissioned them to continue His earthly ministry.
4. And fourth, He entrusted them with authority to declare, announce, and apply God's forgiveness through the gospel.

V. JESUS BREATHED ON THEM

- A. John intentionally uses the language of creation when he tells us that Jesus breathed on His disciples. The same Greek verb translated "*breathed on*" is used in the Greek Old Testament to describe the moment when God breathed life into Adam.
- B. In other words, John wants us to see that this was not merely symbolic. This was a new-creation breath—the risen Christ imparting life by the Spirit, just as God did in the beginning.

- 1. 7 And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being. -Gen 2:7**

2. A perfectly formed body remained lifeless until God breathed into it so is true with us before we were born again. We were lifeless until God breathed the Holy Spirit into us.

VI. WHY DID JESUS BREATHE ON THEM AND NOT JUST SPEAK TO THEM

- A. Throughout Scripture, God speaks to create order, but He breathes to impart life.
- B. By breathing on the disciples, Jesus personally and intentionally reenacts Genesis—restoring what was lost in the fall and introducing them to the Holy Spirit, not as an idea, but as the very source of God's life.

1. It is the Spirit who gives life; the flesh profits nothing.-Jn 6:63

VII. WHY IS THIS STORY SO IMPORTANT?

- A. John 20:22 teaches that through Jesus' resurrection, the new creation promised in Genesis 2 is restored. The Holy Spirit is not optional but essential to this work.
- B. The church is born by the breath of God—not a man-made idea—and broken people once marked by sin, fear, and shame are now sent with God's breath to bring life into darkness.

VIII. THE BREATH OF GOD IN THE BIBLE

- A. Created man -job 33:4
- B. Gives us understanding -job 32:8
- C. Gives us our physical breath -Is: 42:5 & Acts 17:25
- D. Restores life in God -Jn 20:22
- E. Gave us the holy scriptures

1. 16 All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness- 2 Tim 3:16

- F. He will judge evil

1. He shall strike the earth with the rod of His mouth, And with the breath of His lips He shall slay the wicked.-Is 11:4

G. He will judge the antichrist

1. *And then the lawless one will be revealed, whom the Lord will consume with the breath of His mouth and destroy with the brightness of His coming.-2 Thess 2:8*

a) What took God a breath to create will take Him a breath to conclude

IX. WHO IS THE HOLY SPIRIT?

A. God is revealed in scripture as One God, with one divine essence, eternally revealed as Father, Son, and Holy Spirit—distinct in relation and operation, undivided in being, will, and glory.

B. Notice I did not ask “what is the Holy Spirit?” but “who is the Holy Spirit? The Holy Spirit is not a mystical force, energy or power, but God Himself—personal and living.

C. He has a mind that thinks, a will that acts, and emotions that feel. He loves, desires, is joyful, speaks to God’s people, and can be quenched, grieved, lied to, tested, and insulted. Scripture teaches that the only unforgivable sin is blaspheming the Holy Spirit.

1. He makes God real, Jesus known, Scripture alive, prayer effective, and the Church powerful. He is God’s Presence on the earth continuing Jesus’ mission in the world.

D. The Holy Spirit is both a promise and a gift

1. *Then Peter said to them, “Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit.-Acts 2:38*

X. FIVE WAYS THE HOLY SPIRIT IS REVEALED IN SCRIPTURE

1. Breath / Wind – life and power -Genesis 2:7

2. Fire – holiness and zeal -Acts 2:3

3. Oil – anointing and consecration -1 Sam. 16:13

4. Water – cleansing and refreshment -John 7:37–39

5. Dove – purity and peace- Mt. 3:16

XI. THREE PRIMARY PLACES HOLY SPIRIT MOVES

A. IN THE WORLD

1. ***And when He has come, He will convict the world of sin, and of righteousness, and of judgment- Jn 16:8***

B. IN THE INDIVIDUAL BELIEVER

1. Convicts, saves, empowers, helps, guides, comfort, teaches, reveal Jesus, sanctifies and glorifies

C. IN THE CHURCH

1. 1) empowers 2) intercedes for 3) speaks as God's voice (ears to hear what the spirit is saying to the churches 4) distributes gifts to build and equip 5) purges sin
2. The Holy Spirit is the extension of Jesus' ministry on the earth through His redeemed church.
 - a) ***Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father.-Jn 14:12***
3. The Father rules from heaven, the Son intercedes at His right hand, and the Holy Spirit has been sent to indwell, empower, guide, and work through the Church to accomplish God's redemptive purposes.

I. THE ROLE OF THE HOLY SPIRIT IN CREATING US

- A. Just as the Holy Spirit hovered over the waters at creation, waiting for God's word to be spoken, so He was present in the forming of our lives—bringing creation and life by God's command.
 1. ***For You formed my inward parts; You covered me in my mother's womb. 14 I will praise You, for I am fearfully and wonderfully made;-Ps 139:13-14***