

Sword Training – Part 2

Our Breath and Light

2 Timothy 3:16 and Psalm 119:105

Last week we started this series called “The Sword.”

We discovered that God doesn’t just want us to learn how to wield the sword; He wants us to become the sword.

He wants us to be transformed into a mighty weapon.

And that transformation takes place when God’s Word gets in us.

Last week we found that the Bible is “Our Daily Bread.”

We need to consume it so that we can get nourishment.

We also found that the Bible is “Our Living Water.”

It refreshes and cleanses us.

This week we’ll find that God’s Word is “Breath” and “Light.”

Let’s start by looking at breath.

This book is the very breath of God.

When we’re reading and memorizing Scripture, we’re literally breathing in the breath of God.

Now imagine what it would be like to not be able to breathe.

Video - (Nelox in Star Trek Voyager)

2 Timothy 3:16

¹⁶ *All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,*

The Bible is literally the breath of God.

Our Bible isn’t just a bunch of concepts written on paper.

The words contain the very breath of God.

And God’s breath brings life to that which is dead.

Think about that as we turn to our next Scripture.

Ezekiel 37:1 *The hand of the LORD was upon me, and he brought me out by the Spirit of the LORD and set me in the middle of a valley; it was full of bones.* ² *He led me back and forth among them, and I saw a great many bones on the floor of the valley, bones that were very dry.* ³ *He asked me, “Son of man, can these bones live?”*

I said, “O Sovereign LORD, you alone know.”

⁴ *Then he said to me, “**Prophecy** to these bones*

In other words, **speak** My words to the bones.
And remember, God's spoken word is His breath.

and say to them, 'Dry bones, hear the word of the LORD!' ⁵ This is what the Sovereign LORD says to these bones: I will make breath enter you, and you will come to life. ⁶ I will attach tendons to you and make flesh come upon you and cover you with skin; I will put breath in you, and you will come to life. Then you will know that I am the LORD.' "

*⁷ So I **prophesied** as I was commanded. And as I was prophesying, there was a noise, a rattling sound, and the bones came together, bone to bone.*

This wasn't a valley of skeletons.
It was a valley of dry bones strewn everywhere.
And when Ezekiel prophesied God's Word to the bones, they started coming together.
They organized into skeletons.

*⁸ I looked, and tendons and flesh appeared on them and skin covered them, but there was **no breath** in them.*

Do you get the picture ... the bodies looked whole and alive, but they were dead because there was no breath in them.

*⁹ Then he said to me, "Prophesy to the **breath**; prophesy, son of man, and say to it, 'This is what the Sovereign LORD says: Come from the four winds, O **breath**, and **breathe** into these slain, that they may live.' "*

*¹⁰ So I prophesied as he commanded me, and **breath entered them**; they **came to life** and stood up on their feet—a vast army.*

It was the breath of God that brought life.

The Sword is our breath

Ezekiel 37: *¹⁰ So I prophesied as he commanded me, and breath entered them; they came to life and stood up on their feet—a vast army.*

Having or not having God's Word is a matter of life or death.

God's Word is Bread-Water-Breath

I wonder how many malnourished, dehydrated, oxygen depleted Christians there are.

God's breath bringing life to these dry bones reminds me of Adam.

Genesis 2:7

⁷ *the LORD God formed the man from the dust of the ground and **breathed** into his nostrils the **breath** of life, and the man became a living being.*

The breath of God brought life to Adam.

Remember that 2 Timothy 3:16 tells us that all Scripture is the breath of God.

The breath of God brings life.

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

Another way to say that is ... “God’s Word gives me life.”

God breathes life into us when we’re breathing in His Word.

Without God’s Word we’re dead warriors.

John 6:63 *“The Spirit gives life; the flesh counts for nothing. The **words** I have **spoken** to you are spirit and they are life.”*

The word for “spirit” is “pneuma” – from which we get our English word “pneumatic.”

Pneumatic tools run on a blast of air.

“Pneuma” means “breath” like a sudden exhalation of breath.

It’s a blast of wind.

Jesus is saying that it’s the breath of God or His wind that gives life.

What we try to do on our own to get life counts for “nothing.”

Jesus says that the “words I have spoken to you,” that’s our Bible, are God’s breath and life.

They’re “spirit and they’re life.”

I know why we have these disconnects.

Even the disciples struggled with this.

Look at Acts 1.

Here we find one of the funniest verses in the Bible.

Verses 4 and 5 set the scene.

In verse 4 Jesus says to His disciples “... *Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about.* ⁵ *For John baptized with water, but in a few days you will be baptized with the Holy Spirit.*”

Jesus is telling them that He has this great gift for them.

This gift is an immersion in the breath of God.

The word “baptize” is literally “immerse.”

And the word for Holy Spirit is “breath” or “wind.”

⁶ “So when they met together, they asked him, ‘Lord, are you at this time going to restore the kingdom to Israel?’”

Do you remember what He promised them?

He promised them a special gift, but they want His kingdom.

He promised them immersion in the breath of God.

Listen to Jesus’ response.

⁷ “He said to them: It is not for you to know the times or dates the Father has set by his own authority. ⁸ But you will receive power when the Holy Spirit comes on you ...”

He promised them power, but they wanted a position.

I imagine that He turned to them and said, “You look at Me when I’m talking to you ... Don’t you get it?

You don’t need to know times and dates and things like that.

What you need is power; that’s what you need.”

And then on the day of Pentecost it happened.

Acts 2:1 “When the day of Pentecost came, they were all together in one place. ² Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. ³ They saw what seemed to be tongues of fire that separated and came to rest on each of them. ⁴ All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.”

Don’t you want that!

Don’t you want the power of the very breath of God!

That’s my hope for you ... and it’s found in Romans 8: ¹¹ “And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit, who lives in you.”

Isn’t that amazing?

The same power that raised Jesus from the dead lives in us, and that same power brings life.

God’s breath gives us life.

And where do we find God’s breath?

We find it right here ... in God’s Word.

“All Scripture is God-breathed ...”

The Sword is the light for our path

Psalms 119: ¹⁰⁵ Your word is a lamp to my feet and a light for my path.

How many of you have ever stubbed your toe while walking across a dark room? We've all done it ... and the reason we've done it is because we didn't have a lamp to our feet and a light to our path.

We're living in a dark world?

Is it possible that the reason we stumble spiritually is because we aren't using our lamp?

Turn to Luke 11 and look at how many times Jesus uses the words lamp and light.

³³ "No one **lights** a **lamp** and puts it in a place where it will be hidden, or under a bowl. Instead he puts it on its stand, so that those who come in may see the **light**. ³⁴ Your eye is the **lamp** of your body. When your eyes are good, your whole body also is full of **light**. But when they are bad, your body also is full of darkness. ³⁵ See to it, then, that the **light** within you is not darkness. ³⁶ Therefore, if your whole body is full of **light**, and no part of it dark, it will be completely lighted, as when the **light** of a **lamp** shines on you."

What Jesus is saying is that if we allow God's Word to shine in us, it will fill us with light.

And the way that either light or darkness enters into your body is through your eyes.

What are your eyes looking at?

Think about how much darkness we see every day.

To counter the darkness, we need to shine God's Word in our lives every day.

I don't care how much pornography you've seen.

I don't care how many soap operas you've watched or how they've affected your thinking.

We've all seen things that we shouldn't have seen.

But if you take God's Word and study it, memorize it, and meditate on it ... the light will overcome the darkness.

Proverbs 6:23

²³For these commands are a lamp, this teaching is a light, and the corrections of discipline are the way to life,

God's commands are a lamp.

To keep from losing our way on the path of life, we need to light the lamp of God's Word.

1 John 1 continues this theme of walking in darkness.

Verse ⁵ This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. ⁶ If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth. ⁷ But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

To walk with God you need to get God's Word in you so that it will light your path.
But many people don't want their paths lit.

Those who do evil don't want others to see what they're doing.

John 3: ²⁰ *Everyone who does evil hates the light, and will not come into the light for fear that his deeds will be exposed.*

When we're running from God, the last thing we want to do is read the Bible.
But that's exactly what we should do.

Why?

Because light dispels darkness.

When you turn a light on, the darkness doesn't fight the light ... it simply flees.
"Sin will keep me from this book; this book will keep me from sin."

That's basically what that verse says.

Those who practice evil don't want to come to the light.

What's the light?

The light is the Word of God.

If there are any dark areas in your life, the best thing you can do is read God's Word.

It's a lamp to your feet.

It shows you where to take your next step.

And, since it's a light to your path, it shows you which direction to go.

Are you going through life gasping for breath?

Do you sometimes lose your way?

This Sword is breath and it's light!

Sword Training – Part 2

Our Breath and Light

2 Timothy 3:16 and Psalm 119:105

The Sword is our breath (Ezekiel 37:1-10, Genesis 2:7, Job 33:4, John 6:63, Acts 1:4-8, Acts 2:1, and Romans 8:11)

The Sword is the light for our path (Luke 11:33-36, Proverbs 6:23, 1 John 1:5-7, and John 3:20)