



# Breathe

Leanna Bolden  
Eternally Speaking Now

If you **woke up** again today and you're reading this right now,  
then you are **breathing**.

If you are **breathing**,  
then God gave you that **breath**.

If God gives you **breath**,  
then He wants you **alive** another day.

If He wants you **alive** another day,  
then He's got a **purpose and a plan** for you.

If He has a **purpose and plan** for you,  
then *IT IS GOOD*.

Do you believe this?

Jeremiah 29:11 says, "For I know the plans I have for you," says the LORD.  
"They are plans for good and not for disaster, to give you a future and a  
hope."

These words were first spoken by the Lord to His people at a time when they were captives. Prisoners. Stuck in bondage. They'd been forced into slavery by the enemy for years, and it's safe to assume they'd experienced frequent bouts of intense hopelessness and deep despair.

Today, God's word is as **alive and true** as it was back then, as **real and applicable** for His people today as it was for His people back then.

So, He's given you **breath** again today.  
He says He has **good plans** for you.  
He has a **purpose full of hope** for you.

Do you believe Him?

If not, please do. *What do you have to lose?*  
If so, how then shall you live?

**Live** as one who is free from captivity to the enemy's lies...  
*because you are.*

**Live** as one who is free from the prison of the current culture...  
*because you are.*

**Live** as one who is no longer a slave to sin but a child of God...  
*because you are.*

**Live** as one who knows you have **value, meaning,** and **worth**...  
*because you do.*

Your **value, meaning,** and **worth,**  
was assigned to you by your Creator.  
Let us therefore **give Him the glory** He deserves.

## CHALLENGE

Contemplate the truth that Jesus wants you to **live** again today.  
*Will you believe this?*

Pause for a moment, and **breathe** in. **Breathe** out.

As you exhale, **give glory to God** by speaking a word of thanks to Him. Look around the room and consider all you have. Recall what He has done for you, from where He has taken you, and how far He has brought you in **life**.

Thank Him.

We can do this while we sit or stand;  
while we're healthy or on our sick bed;  
while we're eating or sleeping;  
while we're talking or silent;  
while we're walking down the hallway or staring out the window;  
while we laugh or cry;  
while we change diapers or bake bread;  
while we pick up trash or scrub the toilet;  
while we drink a cup of water or sing out loud.

All you need is the **breath** God gave you.

"While I live I will praise the Lord;  
I will sing praises to my God while I have my being."  
Psalm 142:2

Truly, our highest **calling and purpose in life** is to **glorify the Lord**,  
and that happens when we thank and praise Him.

What if we bring God the most **glory** when we thank Him *while doing menial tasks*? What if He is most **glorified** when we express our gratitude to Him *when no one sees or hears us, when there's no audience of man*?

Yes, when you choose, without human audience,  
to believe you have **value**  
and to praise and thank the Lord,  
Jesus and His angels watch in wonder,  
as you **give glory to our great God**,  
*simply because you've chosen to do so...*  
with the **breath** *He chose* to give you again today.

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

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