



Journey Church  
Breath | John 20:22  
May 24, 2026

**The Holy Spirit breathes new life into dead things and dry places.**

*Genesis 1:2; 2:7; Ezekiel 37:1-14; John 6:63, Ephesians 5:18*

**The breath of life births new creation.**

*Luke 1:35; John 3:1-7; 2 Corinthians 5:17; Romans 8:11*

**The effects of God's breath on our life:**

- **Gratitude**  
*Psalm 150:6*
- **Purity**  
*1 Corinthians 6:11*
- **Peace**  
*John 20:19-22*

**Small Group Questions:**

1. Where do you most need God to breathe fresh life into your life right now?
2. What do you need to “breathe out” so you can breathe in more of God’s Spirit?
3. What practices help you stay continually aware of, and dependent on, the Holy Spirit?

**Be Intentional:**

Share or journal about a moment in your life when God reminded you of his goodness during a stressful or difficult season. How do you believe his Spirit was at work in you?

**Pray:**

Spend time praying together. What are some ways in which you can pray for each other? Take some time in the coming week to explore ways in which you can encourage one another. Remember to share with your group what you are learning about those opportunities and reflect on God’s Word as you pray for each other.