

People who Breathed - Overview

This module is focused on studying real people who put into practice the concept of **Breathe**: breathing with Jesus through spiritual disciplines and a humble attitude that create space for God to work in and through us.

Lesson 1 on **David** is a picture of someone who lived honestly and openly before God, sharing the good and the bad, knowing that nothing could come between them.

Lesson 2 highlights **Daniel** as an example of someone who faithfully prayed even as an exile who was being persecuted by his enemies. Your students will be encouraged to broaden their own prayer life.

Lesson 3 shows students the example of the **Early Church** as a community of believers who practiced their faith together. Hopefully this provide some interesting material for reflection how your group can experience similar closeness, co-operation and growth.

Lesson 4 examines **Peter**'s journey with Jesus as someone who literally walked with him. Even as a member of Jesus' inner circle, Peter's faith was sometimes confused. This lesson demonstrates that ups and downs in our walk with God are nothing to be afraid of.

The final lesson studies **Mary and Martha** and provides an opportunity to sum up what has been learned through the entire module. Students will see the importance of balance in breathing in and out in our walk with God, and they will be challenged to integrate the practices of this module into their lives in a sustainable way. After several lessons to explore different ways to "do" our relationship with God, this concluding lesson is an important reminder that serving God must flow from spending time with him, simply receiving his love and learning his ways.