

June 2022

### **Feast of Pentecost: “The Breath of Life”**

Glory be to Jesus Christ! Glory be forever!

“Jesus breathed on his disciples and said, ‘Receive the Holy Spirit.’” (John 20: 22)

Breathing. How many of us have ever stopped to thank God for the very gift of breathing? If you have ever had to gasp for breath, you will know how precious each breath is. I know. Recovering earlier this year from COVID, I had a dry cough which lingered for several few weeks; at times, each breath was indeed most precious.

The Bible tells us something wonderful about the origin of breathing. It tells us that in the beginning it was God who breathed his own breath into us. We read in the Book of Genesis, “And then the Lord God formed man from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being” (Genesis 2: 7).

The breath of God is the Holy Spirit. Breath equals life. No breath, no life. The breath that God breathed into the disciples on Pentecost is the Holy Spirit. On Pentecost the disciples received the Holy Breath of God to bestow upon them the life and power of the new creation.

On the journey of life we are alive only because of the breath of God. Just as Jesus breathed the Holy Spirit on his disciples, so today he continues to breathe the Holy Breath of God into us today, to fill us with the life of God.

And you know what?, we cannot live without the breath of God!

Thomas Merton in his book *The New Man* puts it this way:

Adam “was created as a son of God because his life shared something of the reality of God’s own breath or Spirit. For ‘breath’ is the same as ‘spirit.’ Adam then was meant from the very first to live and breathe in unison with God... to see things as God saw them, to love them as God loved them, to be moved in all things by the Spirit of God.”

As we celebrate the Feast of Pentecost, may we who are the temples of the Holy Spirit, praise and thank God each day for the very gift of breathing. In this way, we breathe in unison with God. We live in harmony with God’s ways.

May God breathe into us anew the life-giving breath of the Holy Spirit.

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