

The Air That I Breathe

(1 John 4:12)

Have you ever thought about all of the things we believe in but can't see? The first thing that comes to my mind is oxygen. You can't see it, smell it, or touch it, but take a deep breath and you know it's there. Spiritually speaking, God is like oxygen. *"No one has seen God at any time. If we love one another, God abides in us, and His love has been perfected in us."* (1 John 4:12) Just like oxygen, God is invisible, and by faith we believe that He exists and that He will reward people who diligently seek after Him. (Heb. 11:6)

We can't get along without oxygen. They say that after a half minute to three minutes of oxygen deprivation, one may lose consciousness. Could it be that when we decide to take a break from God that we may lose our spiritual awareness? After three minutes without oxygen, lasting brain damage can occur. Extended periods without prayer may very well permanently harm our spiritual health. Finally, after five minutes without oxygen, a person will probably die. The person who permanently cuts himself off from God will experience spiritual death. The sobering thing is that we're only five minutes away from death, how much more frightening is it when we're separated from the Lord, even for a short time?

*Jay Launius – 2024
Maud church of Christ
Maud, Texas*