

# *Breathing with spiritual mindfulness*

We always have a need to draw near to God, and we can do that by concentrating on the feeling of our breath on the tip of our nose as our unified spirit in Christ being the one that is the breathing. God has given us everything pertaining to life and godliness so we are a new creation in the image of Christ to put on the mind of Christ.

All our suffering comes from aspects of the flesh that we have not completely died to by fully believing in Jesus Christ. So, we need to purge ourselves of fleshly thinking that we allow to occupy our minds, and which we often encourage by seeking what we want in the world or by looking for justification for our turmoil by blaming others.

*And you were dead in your trespasses and sins, in which you formerly walked according to the course of this world, according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience. Among them we too all formerly lived in the lusts of our flesh, indulging the desires of the flesh and of the mind, and were by nature children of wrath, even as the rest.* Eph 2:1-3

The prevalence of our minds being set on the flesh, in general, means we live an unconscious existence without spiritual mindfulness, that is, until the consequences of the flesh disturb our foggy world.

It is then we endeavour to stop the unholy behaviour, which isn't possible without changing our minds by walking according to the Spirit of God with a new mind having being transformed by the power of the Spirit as we choose to set our minds on the things of the Spirit. No change of our thinking will mean no change in our behaviour. If we are going to have any peace, we need to separate our identity from the flesh because we now walk in the spirit.

Mindfulness of our glorified spirit in Christ can be achieved by concentrating on the touch of our breath which gives us awareness of both body and spirit so that we can better use our will to condemn the flesh of our old life and put on the life of Christ.

Taking charge of our minds by this method also gives us the space at any time to draw near to our Father by consciously walking in the presence of the Holy Spirit.

When the glory of God becomes our greatest desire and pleasure, spiritual mindfulness gives us the opportunity to separate our thinking from the world in order to focus on His glory in Christ Jesus.

From the godly point of view that God in His grace has glorified us in Christ with everything pertaining to life and godliness, we set our minds on these things as a matter of spiritual mindfulness, so that we are able to glorify God in all we do. For the mind set on the things of the Spirit will set us free from our often, instinctive fleshly thinking on the unholy ways of the world without consciously being aware of our thoughts.

Breathing with spiritual mindfulness gives us the conscious awareness to be able to take control of where our minds will dwell. And since we need to breathe every moment, as we think every moment, being mindful of God's Sovereign calling that is seen in our glorification in the image of Christ is our only option to know who we really are, so we can walk with God every moment by setting our minds on the things of the Spirit of God, every moment.

The cure for all our problems is to keep our minds set on what God has done and continues to do for us in Christ. But remember, breathing with spiritual mindfulness has the best results when we have a daily obligation to live in holiness through complete commitment by walking with a pure heart in obedience and truth in the presence of God.

Instead of reacting to outside stimulus from the darkness of the world and self centeredness, we can breathe calmly and respond with the mind of Christ in love for God and our neighbours. Spiritual mindfulness is how we can walk in the presence of Christ who lives in us by His Spirit. Christ in us makes up for whatever the world throws our way. We are not our thoughts unless they clearly reveal the truth of the glory of God.

Whatever is contrary to the pure love of Christ has to be put to death by claiming in faith what God has given us of the life of His Son, and at the same time refusing to give any breath to that which belongs to the flesh.

We can crucify the flesh by disowning and disavowing every thought that doesn't glorify God's love for us and the world He came to save through the sacrifice of His Son. But putting to death the flesh must accompany at the same time, the putting on of Jesus Christ the Lord.

*But you did not learn Christ in this way, if indeed you have heard Him and have been taught in Him, just as truth is in Jesus, that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.*

Eph 4:20-24

Fleshly thought must be replaced with godly thinking and action. We must exchange the mindful windmills of madness about the kingdom of the world and replace them with visions of the beauty and glory of the kingdom of God. Mindfulness is not emptiness. God lives in us to do and will as He works His will in us.

*Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.*

Rom 12:1-2

*Let your gentle spirit be known to all people. The Lord is near. Do not be anxious about anything, but in everything by prayer and pleading with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is honourable, whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence and if anything worthy of praise, think about these things. As for the things you*

*have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.* Phil 4:5-9

*His divine power has granted to us all things that pertain to life and godliness, through the knowledge of Him who called us to His own glory and excellence, by which He has granted to us His precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire. For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love. For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.* 2 Pet 1:3-8

*For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.* Rom 8:5

*So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus.* Phil 2:1-5

Spiritual breathing stops us from becoming unconscious to the truth about ourselves in Christ, and our neighbours with God consciousness.

The answer to the clamour and distress of self centeredness, is to fix our mind continually on our God centeredness. His peace is with His precious presence when we know that He works all things for the good of those who love Him and are called according to His purpose to transform us into the image of Christ.

**We are not free from fleshly assumptions and therefore errors**

According to the demands of the flesh, every attempt to bring correction to a situation or to behaviour, according to the truth of God, is nothing more than rejection, and must be rejected. And we verify this truth in ourselves, because when God uses providences to bring us to the point of some correction in our fleshly thinking and behaviour, we instinctively reject the idea with our grumblings and complaining.

### **But God is at work in us**

But for those who seek to please Him because they love Him, He patiently perseveres with us until we repent and surrender to His love.

Meditation and contemplating on the glory of God opens the spiritual mind to further learning what the mind of Christ thinks from the beginning. Remembering always the verse in 1 Cor 13 where it says "*love never fails*"?

True undivided faithful and obedient fellowship with our God of glory is all we need to survive in the darkness of the world. We are never in control when we live according to the flesh that remains in our thinking, so we must trust in God who controls all things in heaven and earth.

Always believing that He works all things out for the good of those who love Him and are called according to His purpose to transform them into the image of Christ. He has already given us the disposition of His holy heart by the birth of the Spirit, and now He works on renewing our minds to the mind of Christ by causing us to walk by the Spirit.

*We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ.*

Col 1:28

*But whatever things were gain to me, those things I have counted as loss for the sake of Christ. More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ,*

Phil 3:7-8

We must be careful; our grumblings can see God send us back into the world to partake of bitter medicine to get our attention. We get into

trouble because we act without thinking. We don't measure our thoughts against the mind of Christ and pay a terrible price of the loss of peace.

Spiritual breathing helps us gain awareness of ourselves in the presence of Christ so we can act according to His glory. We must make the time to begin breathing with awareness, slowly, in deeply, let it take itself out, and let your lungs do the breathing. Like the ocean waves coming in on the shore, they stop and then go out. Back and forth without ceasing.

We need to be a conscious witness to the process of gaining awareness and observe the thought that come and go. We can't stop them, but we don't have to own those that Jesus wouldn't accept as holy. We can also focus on God focusing in us at the same time. Remember His word and declare His majestic glory to be all things for us. For all things are from Him and to Him.

*How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! But his delight is in the law of the Lord, And in His law he meditates day and night. He will be like a tree firmly planted by streams of water, Which yields its fruit in its season And its leaf does not wither; And in whatever he does, he prospers.*

Psalms 1:1-3

By having our minds full of awareness in the presence of Christ, we must consider what He has already done for us.

*For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the firstborn among many brethren; and these whom He predestined, He also called; and these whom He called, He also justified; and these whom He justified, He also glorified.*

Rom 8:29-30

*Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord; seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. For by these He has granted to us His precious and magnificent promises, so that by them*

*you may become partakers of the divine nature, having escaped the corruption that is in the world by sinful desires.* 2 Pet 1:2-4

*Now God has not only raised the Lord, but will also raise us up through His power....But the one who joins himself to the Lord is one spirit with Him....Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?*  
1 Cor 6:14,17,19

*However, you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. But if anyone does not have the Spirit of Christ, he does not belong to Him. If Christ is in you, though the body is dead because of sin, yet the spirit is alive because of righteousness. But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you. So then, brethren, we are under obligation, not to the flesh, to live according to the flesh-for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live. For all who are being led by the Spirit of God, these are sons of God.* Rom 8:9-14

*I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.* Gal 2:20

*For the love of Christ controls us, having concluded this, that one died for all, therefore all died; and He died for all, so that they who live might no longer live for themselves, but for Him who died and rose again on their behalf.* 2 Cor 5:14-15

*"I will not leave you as orphans; I will come to you."* John 14:18

*But I say, walk by the Spirit, and you will not carry out the desire of the flesh. For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control;*

*against such things there is no law. If we live by the Spirit, let us also walk by the Spirit.*

Gal 5:16-17, 22-23, 25

*The Spirit Himself testifies with our spirit that we are children of God, and if children, heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with Him so that we may also be glorified with Him. For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us.*

Rom 8:16-18

*Therefore there is now no condemnation for those who are in Christ Jesus.*

Rom 8:1

*and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.*

Eph 4:23-24

If we don't know who we are by God's doing, how can we live up to the life of His Son?

*Finally, brethren, whatever is true, whatever is honourable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.*

Phil 4:8

*Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth. For you have died and your life is hidden with Christ in God. When Christ, who is our life, is revealed, then you also will be revealed with Him in glory. Therefore consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry.*

Col 3:1-5

Compiled by Robert May  
[www.cometothestream.com](http://www.cometothestream.com)