

# Breathe and Believe

Be still and see what faith can do.

**Time:**  
7-10 minutes  
**Focus:**  
Faith, Emotions, Calm

## Scriptures

Genesis 2:7  
Psalm 62:11  
Matthew 8:13  
Matthew 9:22  
Psalm 46:10  
Psalm 62:8  
Psalm 42:5  
Psalm 78:10  
Matthew 10:32-33

## Parking lot

Write down distracting thoughts here:

## Settle in

Take a deep breath. Turn off notifications on your phone if you can. Ask God to help you be still and let faith do its quiet work.

## Scripture reflection

Read Genesis 2:7 slowly, then read it again. Let it sink in.

### Genesis 2:7 NIV

Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.



## Thought starter

God made us by breathing life into us. The “breath of life” is both physical and spiritual. Physically, we breathe in oxygen so we can live and regulate our system when we’re stressed. Spiritually, breathing helps us believe. Our breath calms us so that we can live by faith in God rather than our feelings.

Here’s what we’ll learn in today’s Quick Quiet Time:

- Belief opens the door for God’s power.
- Belief starts in stillness.
- Belief moves us forward.

## Belief opens the door for God’s power.

### Psalm 62:11 ERV

God says there is one thing you can really depend on, and I believe it: "Strength comes from God!"

### Matthew 8:13 NLT

Then Jesus said to the Roman officer, "Go back home. Because you believed, it has happened." And the young servant was healed that same hour.



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## Notes:

**Matthew 9:22 ERV**

Jesus turned and saw the woman. He said, "Be happy, dear woman. You are made well because you believed." Then the woman was healed.

**Lightbulb moment:**

Throughout the Bible, people's faith activated miracles and unlocked God's power.

- We learn from them that it doesn't matter if we're perfect or important. It's our faith that makes all the difference.
- Belief isn't loud—it's quiet confidence that invites power and hope.

**Belief starts in stillness.**
**Psalm 46:10 NIV**

He says, "**Be still**, and know that I am God. I will be honored among the nations. I will be honored in the earth."

**Psalm 62:8 TPT**

Trust **only in God** every moment! Tell him all your troubles and **pour out your heart-longings to him**. Believe me when I tell you—he will help you! **Pause in his presence**.

**Psalm 42:5 Voice**

Why am I so overwrought? Why am I so disturbed? Why can't I just hope in God? **Despite all my emotions, I will believe** and praise the One who saves me and is my life.

**Truth bomb:**

Faith comes from stillness. Stillness comes from giving our troubles and emotions to God.

- God wants to hear all our desires, emotions, and thoughts. We just need to pour them out to him in prayer.
- In stillness, belief takes root. Faith happens when we give what's in our hearts to God and trust him to come through.

**Reflect**

- What worries or distractions keep you from being still with God?
- What would stillness look and feel like for you right now?

**Respond**

Finish this sentence in prayer:  
 "God, I'm having a hard time keeping still to believe in you. The emotions, troubles, and desires I want to give to you are..."

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## Notes:

 **Belief is an action word.****Psalm 78:10 TPT**

They **didn't really believe** the promises of God; **they refused to trust him and move forward in faith.**

**Matthew 10:32-33 NCV**

"All those who **stand before others and say they believe in me**, I will say before my Father in heaven that they belong to me. [33] But all who stand before others and say they do not believe in me, I will say before my Father in heaven that they do not belong to me.

 **Mic drop moment:** **Faith takes steps forward even when the path isn't clear.**

- Belief means standing out and stepping forward.
- Holding on to God's promises helps us take action even when it's scary. We can find these promises in the Bible.
- When we breathe in faith by relying on God's Word, we'll breathe out breakthrough.

**Reflect**

- What's one area of your life where you need to believe more—in yourself, in others, or in God?
- How does trusting God help you stay calm in tough situations?

**Write it down**

- Finish this sentence: "I believe God can..."
- Write down one scripture from this study that helps you take action in faith.

**Humor break!**

What did one lung say to the other after a fight?  
"Let's clear the air."

 **Recap quiz****1. Why is breathing often used as a calming technique?**

- A) It distracts you from your problems.
- B) It makes you sleepy.
- C) It increases your heart rate.
- D) It helps regulate your nervous system.

**2. What does the phrase "breathe and believe" encourage you to do?**

- A) Ignore your feelings.
- B) Pause, center yourself, and trust.
- C) Run away from problems.
- D) Hold your breath and hope for the best.

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Notes:

**3. What is one benefit of believing in yourself?**

- A) You never fail.
- B) You build confidence and resilience.
- C) You become perfect.
- D) You avoid all challenges.

**4. Which of these is a healthy way to respond to stress?**

- A) Ignore it completely.
- B) Yell at someone.
- C) Eat a whole pizza alone.
- D) Take deep breaths and pray.

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