

# Take a Deep Breath

Today I want to talk about braking the soul into freedom and abundance in God.

God has soul abundance and peace and joy for us in every moment and season in life. In “His presence is fullness of joy”, “my soul shall be satisfied with abundance”. He is “our shield and our exceedingly great reward”. When we seek Him we will find Him. The reward from Him is always more of Him, and in Him is fullness of joy. He is the desire of the nations.

“You have not to earn Him, fight for Him-win Him-but He is to be had for the asking”.

-Charles Spurgeon

God in His grace as made Himself available to us to be loved by Him and to love Him. There is nothing that satisfies apart from Him, there is no rest outside of Him or meaning, no purpose or significance.

## Psalm 63:3-5

<sup>3</sup>Because Your lovingkindness *is* better than life,  
My lips shall praise You.

<sup>4</sup>Thus I will bless You while I live;  
I will lift up my hands in Your name.

<sup>5</sup>My soul shall be satisfied as with marrow and fatness,  
And my mouth shall praise *You* with joyful lips.

I think the greatest need in lock down is soul prosperity, finding abundance in times of change. Although we are blessed at all times, not all times feel equal. Today I want to talk about how to brake free in the soul when we feel like we need freedom.

## Acts 16:16-24

<sup>16</sup>Now it happened, as we went to prayer, that a certain slave girl possessed with a spirit of divination met us, who brought her masters much profit by fortune-telling. <sup>17</sup>This girl followed Paul and us, and cried out, saying, “These men are the servants of the Most High God, who proclaim to us the way of salvation.” <sup>18</sup>And this she did for many days.

But Paul, greatly annoyed, turned and said to the spirit, “I command you in the name of Jesus Christ to come out of her.” And he came out that very hour. <sup>19</sup>But when her masters saw that their hope of

profit was gone, they seized Paul and Silas and dragged *them* into the marketplace to the authorities.

<sup>20</sup>And they brought them to the magistrates, and said, “These men, being Jews, exceedingly trouble our city; <sup>21</sup>and they teach customs which are not lawful for us, being Romans, to receive or observe.”

<sup>22</sup>Then the multitude rose up together against them; and the magistrates tore off their clothes and commanded *them* to be beaten with rods. <sup>23</sup>And when they had laid many stripes on them, they threw *them* into prison, commanding the jailer to keep them securely. <sup>24</sup>Having received such a charge, he put them into the inner prison and fastened their feet in the stocks.

Now, Paul and Silas were on their way to prayer. The enemy is always trying to disrupt your attention away from your closeness to God. He has been disarmed and he couldn't stop you getting saved, so now he wants to disrupt you and make you miserable and effect your souls abundance.

The word for the spirit is names divination, the word that is used is actually python. A Python is a snake that has no venom. It patiently coils itself around its victim with the goal of taking its breathe away. Prayer is our breathe. Our relationship with God.

The enemy will try, through deception, to dry up the hunger of our heart towards God and drive us into misery. Saved but not thriving.

The demonic has been disarmed, because he has no venom, he takes a different tact. Paul said, I don't want you to be ignorant of the enemies devices. We know he's up to something, let's cut it off.

The python is slow. At first it's hard to tell what's happening. Frustration here, loss of desire there. Some of the signs are, the loss of desire from things we used to hunger for, distancing ourselves from the godly relationships we used to maintain, starting to feel overwhelmed by everything. These things lead to other fruit in our lives, but are really the signs that we are not fighting something natural.

## Ephesians 6:12

For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual *hosts* of wickedness in the heavenly *places*.

You not battling the situation or person. You're battling again spiritual things. Don't own the attack.

Enough about the enemy, what can we do?

## Acts 16:25-26

<sup>25</sup>But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. <sup>26</sup>Suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened and everyone's chains were loosed.

### 1. Address the deception.

Paul and Silas would get into the traps of self pity, or condemnation.

The source of deception is a judgement on God's love and goodness.

## Romans 8:31-32

<sup>31</sup>What then shall we say to these things? If God *is* for us, who *can be* against us? <sup>32</sup>He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?

How can anything that happens take away the goodness of God and His love toward you. Reason that there is no good thing He withholds, it may just not look like it from our perspective.

God from the vantage point of eternity and endless power can see our situation and say, "Trust Me".

### 2. Don't isolate yourself.

Leo Harris, "Surround your problems in fellowship".

The tactic of the enemy is to isolate you, don't let him do it.

## Ecclesiastes 4:12

<sup>12</sup>A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

### 3. Praise.

Praise brakes the weariness and chains in the soul.

If you're feeling like there's a cloud over your thinking, emotional wellbeing or will power, change the atmosphere in your house and lift a song and get crazy and dance like no ones looking, because no one is.

## Psalm 103:1-5

<sup>1</sup>Bless the Lord, O my soul;  
And all that is within me, *bless* His holy name!  
<sup>2</sup>Bless the Lord, O my soul,  
And forget not all His benefits:  
<sup>3</sup>Who forgives all your iniquities,  
Who heals all your diseases,  
<sup>4</sup>Who redeems your life from destruction,  
Who crowns you with lovingkindness and tender mercies,  
<sup>5</sup>Who satisfies your mouth with good *things*,  
So *that* your youth is renewed like the eagle's.

## Psalm 43:5

Why are you cast down, O my soul?  
And why are you disquieted within me?  
Hope in God;  
For I shall yet praise Him,  
The help of my countenance and my God.

## Psalm 63

<sup>1</sup>O God, You *are* my God;  
Early will I seek You;  
My soul thirsts for You;  
My flesh longs for You  
In a dry and thirsty land  
Where there is no water.  
<sup>2</sup>So I have looked for You in the sanctuary,  
To see Your power and Your glory.  
<sup>3</sup>Because Your lovingkindness *is* better than life,  
My lips shall praise You.  
<sup>4</sup>Thus I will bless You while I live;  
I will lift up my hands in Your name.  
<sup>5</sup>My soul shall be satisfied as with marrow and fatness,  
And my mouth shall praise *You* with joyful lips.  
<sup>6</sup>When I remember You on my bed,  
I meditate on You in the *night* watches.  
<sup>7</sup>Because You have been my help,  
Therefore in the shadow of Your wings I will rejoice.  
<sup>8</sup>My soul follows close behind You;  
Your right hand upholds me.  
<sup>9</sup>But those *who* seek my life, to destroy *it*,  
Shall go into the lower parts of the earth.  
<sup>10</sup>They shall fall by the sword;  
They shall be a portion for jackals.  
<sup>11</sup>But the king shall rejoice in God;  
Everyone who swears by Him shall glory;  
But the mouth of those who speak lies shall be stopped.

## Psalm 27

<sup>1</sup>The Lord *is* my light and my salvation;  
Whom shall I fear?  
The Lord *is* the strength of my life;  
Of whom shall I be afraid?  
<sup>2</sup>When the wicked came against me  
To eat up my flesh,

My enemies and foes,  
They stumbled and fell.  
<sup>3</sup>Though an army may encamp against me,  
My heart shall not fear;  
Though war may rise against me,  
In this I *will be* confident.  
<sup>4</sup>One *thing* I have desired of the Lord,  
That will I seek:  
That I may dwell in the house of the Lord  
All the days of my life,  
To behold the beauty of the Lord,  
And to inquire in His temple.  
<sup>5</sup>For in the time of trouble  
He shall hide me in His pavilion;  
In the secret place of His tabernacle  
He shall hide me;  
He shall set me high upon a rock.  
<sup>6</sup>And now my head shall be lifted up above my enemies all around  
me;  
Therefore I will offer sacrifices of joy in His tabernacle;  
I will sing, yes, I will sing praises to the Lord.  
<sup>7</sup>Hear, O Lord, *when* I cry with my voice!  
Have mercy also upon me, and answer me.  
<sup>8</sup>*When You said*, "Seek My face,"  
My heart said to You, "Your face, Lord, I will seek."  
<sup>9</sup>Do not hide Your face from me;  
Do not turn Your servant away in anger;  
You have been my help;  
Do not leave me nor forsake me,  
O God of my salvation.  
<sup>10</sup>When my father and my mother forsake me,  
Then the Lord will take care of me.  
<sup>11</sup>Teach me Your way, O Lord,  
And lead me in a smooth path, because of my enemies.  
<sup>12</sup>Do not deliver me to the will of my adversaries;  
For false witnesses have risen against me,  
And such as breathe out violence.  
<sup>13</sup>*I would have lost heart*, unless I had believed  
That I would see the goodness of the Lord  
In the land of the living.

<sup>14</sup>Wait on the Lord;  
Be of good courage,  
And He shall strengthen your heart;  
Wait, I say, on the Lord!

### Psalm 103

<sup>1</sup>Bless the Lord, O my soul;  
And all that is within me, *bless* His holy name!  
<sup>2</sup>Bless the Lord, O my soul,  
And forget not all His benefits:  
<sup>3</sup>Who forgives all your iniquities,  
Who heals all your diseases,  
<sup>4</sup>Who redeems your life from destruction,  
Who crowns you with lovingkindness and tender mercies,  
<sup>5</sup>Who satisfies your mouth with good *things*,  
So *that* your youth is renewed like the eagle's.  
<sup>6</sup>The Lord executes righteousness  
And justice for all who are oppressed.  
<sup>7</sup>He made known His ways to Moses,  
His acts to the children of Israel.  
<sup>8</sup>The Lord *is* merciful and gracious,  
Slow to anger, and abounding in mercy.  
<sup>9</sup>He will not always strive *with us*,  
Nor will He keep *His anger* forever.  
<sup>10</sup>He has not dealt with us according to our sins,  
Nor punished us according to our iniquities.  
<sup>11</sup>For as the heavens are high above the earth,  
So great is His mercy toward those who fear Him;  
<sup>12</sup>As far as the east is from the west,  
So far has He removed our transgressions from us.  
<sup>13</sup>As a father pities *his* children,  
So the Lord pities those who fear Him.  
<sup>14</sup>For He knows our frame;  
He remembers that we *are* dust.  
<sup>15</sup>As *for* man, his days *are* like grass;  
As a flower of the field, so he flourishes.  
<sup>16</sup>For the wind passes over it, and it is gone,  
And its place remembers it no more.

<sup>17</sup>But the mercy of the Lord *is* from everlasting to everlasting  
On those who fear Him,  
And His righteousness to children's children,  
<sup>18</sup>To such as keep His covenant,  
And to those who remember His commandments to do them.  
<sup>19</sup>The Lord has established His throne in heaven,  
And His kingdom rules over all.  
<sup>20</sup>Bless the Lord, you His angels,  
Who excel in strength, who do His word,  
Heeding the voice of His word.  
<sup>21</sup>Bless the Lord, all *you* His hosts,  
*You* ministers of His, who do His pleasure.  
<sup>22</sup>Bless the Lord, all His works,  
In all places of His dominion.  
Bless the Lord, O my soul!

### Psalm 34

<sup>1</sup>I will bless the Lord at all times;  
His praise *shall* continually *be* in my mouth.  
<sup>2</sup>My soul shall make its boast in the Lord;  
The humble shall hear *of it* and be glad.  
<sup>3</sup>Oh, magnify the Lord with me,  
And let us exalt His name together.  
<sup>4</sup>I sought the Lord, and He heard me,  
And delivered me from all my fears.  
<sup>5</sup>They looked to Him and were radiant,  
And their faces were not ashamed.  
<sup>6</sup>This poor man cried out, and the Lord heard *him*,  
And saved him out of all his troubles.  
<sup>7</sup>The angel of the Lord encamps all around those who fear Him,  
And delivers them.  
<sup>8</sup>Oh, taste and see that the Lord *is* good;  
Blessed *is* the man *who* trusts in Him!  
<sup>9</sup>Oh, fear the Lord, you His saints!  
*There is* no want to those who fear Him.  
<sup>10</sup>The young lions lack and suffer hunger;  
But those who seek the Lord shall not lack any good *thing*.  
<sup>11</sup>Come, you children, listen to me;



I will teach you the fear of the Lord.  
<sup>12</sup>Who *is* the man *who* desires life,  
And loves *many* days, that he may see good?  
<sup>13</sup>Keep your tongue from evil,  
And your lips from speaking deceit.  
<sup>14</sup>Depart from evil and do good;  
Seek peace and pursue it.  
<sup>15</sup>The eyes of the Lord *are* on the righteous,  
And His ears *are open* to their cry.  
<sup>16</sup>The face of the Lord *is* against those who do evil,  
To cut off the remembrance of them from the earth.  
<sup>17</sup>*The righteous* cry out, and the Lord hears,  
And delivers them out of all their troubles.  
<sup>18</sup>The Lord *is* near to those who have a broken heart,  
And saves such as have a contrite spirit.  
<sup>19</sup>Many *are* the afflictions of the righteous,  
But the Lord delivers him out of them all.  
<sup>20</sup>He guards all his bones;  
Not one of them is broken.  
<sup>21</sup>Evil shall slay the wicked,  
And those who hate the righteous shall be condemned.  
<sup>22</sup>The Lord redeems the soul of His servants,  
And none of those who trust in Him shall be condemned.