

Come and See 2025

Children: Week 5

Question 1: Where do you feel the wind?

Question 2: Wind is invisible, how do you know it is there?

Question 3: What do we need to grow strong?

The Breath of God

Hi, it's Charlie again, and it's great to have you back with us for our fifth talk in the series about baptism. Last week we looked at the waters of life, and this week we're looking at the breath of God.

I wonder how long you can hold your breath...

Well I bet you can hold it a lot longer than that. I wonder if you can have a go at doing that now though, that would be quite fun.

But I wonder how many times we breathe in a minute. Well Google says between 12 and 20 times in a minute. In a day we might have as many as 20,000 breaths. In a year - 7 and a half million breaths. And in a lifetime 600 million breaths!

We do it without even thinking about it, it just comes naturally. And of course it's very significant as well because it's a sign of life. We have our first breath when we're born and suddenly we take our last breath when we die. But how often do we actually stop to think about it?

Christians talk about the breath of God as another way of talking about God's Holy Spirit. So we did think about water as a way of talking about God's Holy Spirit as well last week.

But there's something very intimate about breath, isn't there? We breathe in and that air goes into our lungs and it stays in us. It empowers us, it allows us to live, and it literally fills us. You can feel your lungs rising as you breathe in. So it's an intimate thing, it's a close thing.

And Christians believe that therefore God's Holy Spirit lives in us, as close as our very own breath inside us. But another way to think of the breath of God is as wind. And the Holy Spirit can also be thought of as wind.

I wonder if you can remember the last time you saw or witnessed or felt a storm. Storms can be scary, as you see those trees, those big trees shaking in the wind, maybe dropping leaves and branches. If you're walking down the street, it might literally push you along or you might feel buffeted as you walk into it. If you just put your hand up in front of your mouth now and blow onto the back of your hand.

You can feel the wind of your own breath on the back of your hand. And the thing about wind is you can't really see it. You can only really see its effects. The feeling on the back of your hand, the bending trees, maybe being pushed along a street. You can't see the wind, but you can see its effects.

And Christians believe it's the same with the Holy Spirit. You can't see the Holy Spirit, but you can see the way that it touches and transforms people's lives in a positive way.

You may have heard of people called saints. We have big famous saints like St. Francis and others like that, the people who wrote the Bible, for example, St. John, St. Luke, St. Mark. But actually we have everyday saints as well who try and live in the power of the Holy Spirit. And, if you like, we see the Holy Spirit through inspiring good people, ordinary saints, all those great saints being powered by the wind, by the breath of God.

So that's all for this week. If you're doing the Space Maker exercises, then this would be a great opportunity to do Stilling 1A, which is the exercise which gets us thinking about our breathing and awareness of other things as well.

Whatever you're doing, great to see you and see you next week for the final talk.