



YOUNG

Forever Young





YOUNG

Forever Young

Is that what we
really want?



Luke 18:16-17

∞
YOUNG



Luke 18:16-17



**Truly I tell you, anyone
who will not receive
the kingdom of God
like a little child will
never enter it.**



Instead be



Instead be



**We have to
intentionally learn
and experience new
things**



- Spiritual Breathing

- Inhale

- filling every crack and crevice inside your body

- Visualize

- inviting the Holy Spirit into every aspect of your life



- Spiritual Breathing

- Exhale

- Getting rid of the baggage that weighs you down



- When filled with the holy spirit, you increase

- Stability

- Strength

- Flexibility

- Ability to take a moment

- Leveraging your entire body

- Resilience to pride



- When filled with the holy spirit,
 - “Have to’s”
 - Become part of the adventure



- Life App
 - What adventure does God want you to start this week?
 - As you start, practice Spiritual Breathing
 - Inhale the Holy Spirit
 - Exhale the things that weigh you down





YOUNG

Forever Young

