

Influence Ministries

FRESH AIR

LESSON 2

TITLE: CHOOSE LIFE

As you're going through your week, I hope you're beginning to look forward to this connect session and starting to think of it as an outlet and also an anchor.

Last week we talked about stalling out in the doldrums and how we all end up there from time to time.

Once we finally get honest about where we are, both spiritually and emotionally, we can take the next step and begin to move out of that stagnant place and head towards a new destination with a real smile on our face and wind in our sails.

The first step in the process is to define what this breath of fresh air looks like.

The goal of this connect series is for every person here today to become a fresh air of breath person.

Bring newness and freshness to every situation you touch. That, in turn, creates a fresh air culture everywhere you go and that's when life gets pretty exciting again.

I think it's safe to say that we've all been around people in our life that have been like a breath of fresh air.

And you know what that feeling is when you are around them. They just brighten up the day and lift your spirits.

What are those qualities? Let's start with the one that I feel is essential to that.

The first one is, enjoying our relationship with God.

There's a big difference in doing something out of love instead of duty.

Too many people are in a relationship with God that is about the got to rather than to get to.

I do believe we got to do some things out of devotion and discipline, but the internal motivation has to be fresh.

Imagine reading your Bible and it becomes more than they have to, but you actually receive something from it.

Or your prayer time is more than an obligation but an exciting time alone with God that you enjoy. That's part of the fresh air.

Here's another fresh air quality. When we embrace the calling God has for our life.

Another fresh quality is living in an empowering environment. This happens when we feel like we have the freedom to live out our dreams and try out our ideas without any fear.

Another fresh or nutrient into the soil is when your life is so focused that you live it intentionally. You know what to do and what not to do every day.

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Another nutrient is the culture of laughter, enjoying life and the people around you.

Fresh air people develop life-giving relationships. If you never deal with yesterday, it's going to be hard to go on to tomorrow. But fresh air people move forward with help from God.

Another nutrient in this fresh air quality is when we focus on others more than ourselves.

We live beyond our desires and wants and begin to expand our world with other people.

Think of how this world would be if we could live our life through the lens... of, how can I make a difference in someone else's life?

Listen to this, people who possess these fresher qualities are some of the happiest people I know.

Here's the question for this session, how do we get there?

We all want these qualities that I've mentioned because it would make our life better and others better.

But if we're going to begin this journey, we have to examine our relationship with God first.

Religion is a set of rules, but a relationship is something entirely different.

You could be coming to church and know God but not have a relationship with Him.

Religion is the protocols and expectation of doing church, the relationship is the fresh air of serving God.

When you live in that fresh air arena, serving God becomes fun and enjoyable.

Maybe you've been in church your whole life or you're new to this.

But there's more to God than religion, He's looking for a relationship.

Religion is hard, relationship is easy.
Religion is I got to; relationship is I get to.

Maybe you have religion, but you don't have a relationship.

Some of you had a very dynamic and real relationship at one point, did you set sail into the doldrums?

I'm suggesting to you today that way to have this fresh air life is to begin a brand-new relationship with God.

Wherever you are and your spiritual journey today, I think will be great for every one of us to make a fresh commitment to God and begin a fresh air relationship with Him.

In your own heart today, I want you to figure out if it's time for you to begin a fresh air relationship with God.

I'm in this routine, I've got plenty of religion and I realize I can do all these things externally and not have a real relationship with God I don't want to face you one day and I've done everything right on the outside and then you tell me that I have never knew you.