

Grace Guide



MAY 18-24

“Breath of Life”

MONDAY
5/18

GENSIS 2:4-7

Humanity does not begin with power, achievement, or importance, we begin as dust. Yet God lovingly forms humanity from the earth and breathes life into us. Life itself is a gift from God’s own breath. This passage reminds us that we are both lowly and yet deeply valued. We are dependent upon God not only for our beginning, but for every breath we continue to take. When we forget that, we can become self-reliant, anxious, or spiritually dry. But when we remember that life comes from God, we can live with gratitude, humility, and trust. God still breathes life into weary hearts, restoring people who feel empty or worn down.

1. What does it mean to you that human life begins with the breath of God?

2. In what areas of life are you tempted to rely on yourself instead of depending upon God?

TUESDAY
5/19

JOEL 2:28-32

Through the prophet Joel, God promises a day when the Spirit of God will be poured out on all people. The promise is expansive and surprising: sons and daughters, old and young, servants and masters alike will receive from God. The Holy Spirit is not reserved for the powerful or the spiritually elite. God's presence and power are given generously to ordinary people who call upon him. These words from the prophet remind us that God desires to work through every generation and every kind of person. Sometimes we limit ourselves by assuming God could never use us in meaningful ways. Yet God delights in filling imperfect people with his Spirit so they can reflect his love and truth in the world.

1. What does it mean for you that God's Spirit is promised to all kinds of people?
2. What gifts, passions, or opportunities might God be inviting you to use for his purposes?

WEDNESDAY
5/20

ACTS 2:1-21

The coming of the Spirit at Pentecost transformed frightened disciples into bold witnesses. What had once been a locked room of fear became the birthplace of a movement that would spread across the world. The Spirit brought courage, unity, understanding, and new life. People from many nations heard the good news in their own languages, powerfully demonstrating that God's love reaches across every barrier humans create. As we celebrate this moment of Pentecost we are reminded again and again that faith is not meant to remain private or passive. God continues to empower his people to speak words of hope, to extend hands of compassion, and live lives with courage and faith in a divided and hurting world.

1. How does the diversity of the expression of the Holy Spirit at Pentecost challenge your experiences of divisions that exist between people and communities today?
2. When have you seen God use ordinary people to accomplish extraordinary things?

THURSDAY
5/21

ROMANS 8:22-27

The apostle Paul describes creation as groaning, longing for renewal and restoration. Human beings know this groaning as well. We feel it in grief, uncertainty, broken relationships, sickness, injustice, and in all of the struggles of daily life. Yet Paul reminds us that we do not groan alone. The Holy Spirit is present even in moments when we cannot find the words to pray. When our hearts are overwhelmed and our faith feels weak, the Spirit intercedes for us with love and understanding deeper than language itself. This passage offers comfort for weary souls. God does not abandon us in our weakness, God draws near to us in our struggles, holding us with grace while leading us toward hope.

1. What does it mean to you that the Spirit prays for you even when words fail?
2. In what ways have you experienced God's presence during difficult or uncertain times?

FRIDAY
5/22

PSALM 104

God is the creator and sustainer of all life. The psalmist sees the wisdom and care of God woven throughout creation, from the creatures of the sea to the rhythms of the earth itself. Verse 30 declares that when God sends forth his Spirit, life is created and the face of the ground is renewed. God is not distant from creation but actively involved in sustaining and renewing it. This renewal is not only for the natural world but also for our hearts and lives. God continues to bring new beginnings where there has been emptiness, healing where there has been brokenness, and hope where there has been despair.

1. Where do you see signs of God's creativity and care in the world around you?
2. What practices would help you remain attentive to God's presence and activity in your life?

**SATURDAY/
SUNDAY
5/23-24**

**JOHN 7:37-39
JOHN 20:19-23**

Jesus speaks of living water flowing within those who believe in him, pointing forward to the gift of the Spirit. Later, after the resurrection, Jesus comes to the fearful disciples gathered behind locked doors and he speaks peace to them, breathes on them, and tells them to receive the Holy Spirit. The disciples had been hiding in uncertainty and hopelessness, but Jesus met them there with peace and new life. The same is true for us. Christ does not wait for us to overcome every fear or failure before drawing near. He comes into anxious hearts, offering peace that steadies us and the presence of the Spirit that strengthens and renews us from within.

1. What does the image of “living water” suggest to you about life with God? How do you experience Christ as living water?

2. What “locked doors” of fear, worry, or uncertainty do you carry in your life right now that you need God to breathe new life into?

VERSE OF THE WEEK

All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.

(Acts 2:4)