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***“For the Spirit of God has made me, and the breath of the Almighty gives me life.” ~ Job 33:4***

***“I will praise you as long as I live, lifting up my hands to you in prayer.” ~Psalm 63:4***

The last time our praise and worship team got together, we sang a song called *Great Are You Lord.* The chorus states that it’s God’s breath in our lungs, so we should praise Him. It struck me that in such uncertain times we need to remember that God gives us our breath to praise him, not to spread fear.

In the last few days, I find that I am whispering about statistics and shortages more than I am speaking words of encouragement. God is still in control. Nothing has happened that can make me doubt that. No matter what happens here, I know that eternity still awaits.

It’s His breath in our lungs. It is your decision how you use it. What are you doing with the breath that He has given you?