

BREATHING ISSUES

Soulish Creatures

- Having mind, will, emotions (Job 33:4, Genesis 1:24)
- Created for praise (Psalm 150:6, Revelation 5:13)
- Mankind was specifically created for relationship (John 20:22)
- No wonder the enemy attacks these character traits (Hebrews 2:14-15)

Cleansing Breath

- Physical: Balance of oxygen and carbon dioxide
- Emotional: Sigh of relief, gasp of shock, burst of laughter
- Spiritual: Receive and release the Spirit

Conditions and Contributing Factors

- Physical
 - Anemia, Respiratory Virus, Allergy, Deformity, Chronic Obstructive Pulmonary Disease (COPD), Obesity, Exercise (too much or too little)
- Emotional
 - Anxiety, Stress, Fear, Panic, Sorrow, Hyperventilation
 - Emotions can cause fight, flight, or freeze responses where the body prepares to confront a threat, releases stress hormones, and tenses muscles
- Spiritual
 - Awe, Loss of Voice, Oppression

Symptoms, Patterns and Strategies

- **Anxiety:** Causes your muscles to tighten, heart and breathing rates to increase
 - Hyperventilation, lump in the throat, chest restriction
 - Resolve the root of anxiety, repent to peace
- **Allergy, Viral Infection:** Immune system reaction, generally inflammation
 - Coughing, sneezing, congestion, swelling, fluid buildup
 - Make physical remedies, be aware that stress can trigger immune response
- **Asthma:** Restricted airflow, especially on exhale.
 - Spirit of fear and/or hyper-responsibility
 - Childhood onset: rejection, insurmountable responsibility, anxiousness, upbringing; mind renewal at point(s) of origin
 - Fear pattern: habitual physiological response to stress must be broken
- **Physical Ailments:** Chronic obstructive pulmonary diseases (COPD)
 - Emphysema, bronchitis, heart disease, lung cancer, deformity, obesity
 - Pray for physical healing, extend and receive forgiveness as appropriate

Trust in the Lord

- Fear, health, strength, and physiological responses to dyspnea (shortness of breath): we are fearfully and wonderfully made.
- God provides all things (more than enough); Job 34:14-16, Psalm 104:29-30