

ART SPARK

Connect | Create | Capture

Breath of God

Breath is a powerful thing. The rhythm of life revolves around the rhythm of breathing.

"The view is breath taking."
 "She waited with bated breath."
 "Take a breather."

Breath permeates even our language and experiences. The Spirit of God is often referred to as breath or wind. We can't see the wind but we can feel it and we can hear it. It is the same with the Spirit of God.

The Spirit of God was hovering over the waters in the beginning. That same Spirit moves throughout history, connecting us as children of God. The Spirit of God is with us throughout our lives, just like our breath.

"In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters" Genesis 1:1-2 (NRSV).

Connecting

Questions? Concerns?
 Feedback? Let me know!



Breather Bubbles

Take a deep breath. Try it. Breathe in and out. In and out. There is great power behind our breath and great power in the Holy Spirit. Try catching your breath inside some bubbles.

Supplies: 3 cups warm water, 1/2 cup dish soap, 2-4 TBSP corn syrup or glycerin.

Instructions: Carefully mix together the ingredients, trying not to froth. (Try replacing the corn syrup or glycerin with 2 TBSP cup of sugar mixed with 1/4 cup of warm water.)

Bubble wands: Cut the bottom half off of a plastic water bottle trying to keep the edge as even as possible. Use a pipe cleaner or bag tie to make a circle and attach the circle to a stick or dowel. Try different sizes and shapes to see what kind of bubbles you can make.

