



**AWAKE  
TO  
RIGHTEOUSNESS**

*The Breath of God Through Time*

By Trish Tipton

# Forward

I've always wondered what life was really like before the flood. People lived hundreds of years; some were said to be giants, men of great renown. The earth was full of strength and beauty, yet also darkness and corruption. Something shifted. What changed? Why did that kind of life fade away?

Was it the atmosphere itself, the earth altered when the deep broke open and the canopy of heaven fell?

Was it the residue of the divine breath still lingering from when God first breathed into Adam, slowly fading with each generation?

Or did mankind simply stop believing in the life that had once been their birthright? Maybe as death became familiar, faith in longevity weakened. Maybe fear began to speak louder than life.

The world before the flood must have been terrifying in its final days. The Nephilim walked the earth, violence filled the land, and the hearts of people turned from God. Yet even then, there were those who walked with Him. Noah wasn't spared because he was perfect; he was spared because he still listened to the voice that breathed life.

Maybe that's what this story is meant to remind us of, that even in a corrupted world, there's always an invitation to return to the breath that created us. We can argue the science, the canopy, the genetics, but what matters most is the spiritual truth behind it all. Life apart from God fades, but life joined to Him endures.

And maybe the reason Jesus hasn't returned yet isn't because He's delayed, but because love is patient. Maybe heaven is holding the door open a little longer so that as many hearts as possible can awaken to the Spirit He imparted, the same breath that once gave Adam life and now gives us new life through Christ.

I'm not afraid of His return. I'm just aware there are still so many who don't know the breath has been restored. If His coming is appointed, it will be right on time. But until then, maybe the most faithful thing we can do is live awake, breathing His life into the world around us and helping others discover the power of the Spirit that never stopped calling us home.

*Irish Tipton*

# Part I – The Breath: What We Were Always Meant to Be

## Chapter 1 – The Breath That Made Us Alive

Before time began, before light broke through the darkness, God already existed in perfect fullness. He was not lonely, and He was not in need of anything. Within Himself, love was already complete. The Father, the Word, and the Spirit existed together in perfect unity, moving as one in purpose and desire. Creation began not because God lacked something, but because He wanted to share Himself. He desired to reveal His nature through life that could know Him, love Him, and reflect Him.

In the beginning, God spoke, and all that was unseen came into being. Every word He spoke carried creative power, forming light, land, sea, and sky. Yet the greatest act of creation came when He said in Genesis 1:26, **“Let Us make man in Our image, according to Our likeness, and let them rule over the fish of the sea and the birds of the sky and over all the earth.”** This was different from every other creation moment. No other creature was made in His likeness. Only mankind would carry His image and share His breath.

Genesis 2:7 tells us, **“Then the Lord God formed the man of dust from the ground, and breathed into his nostrils the breath of life, and the man became a living person.”** The dust was ordinary until God breathed His own life into it. That breath was not simply air. It was the Spirit of God Himself. In that instant, humanity became alive in both body and spirit, carrying the very essence of the Creator within. The divine breath joined with the natural form, and the result was life that could commune with God directly.

That same breath still moves within us. Each inhale is a reminder of His nearness. Each exhale is a release of what He has placed within. Breathing is not only a physical act but also a spiritual rhythm, a quiet conversation between the created and the Creator. When we become still and aware of that breath, we return to the awareness of who we were always meant to be.

The name Adam carries this truth within it. In Hebrew, *Adam* means “man” and is related to *adamah*, meaning “earth” or “ground.” It speaks of both his origin and his purpose. He was taken from the earth, yet filled with heaven’s breath. He was created to bridge the natural and the spiritual, to walk upon the earth while carrying the life of God within him. The name of the woman, *Eve* (*Chavah*), means “life” or “living.” She was called the mother of all who would live. Together, Adam and Eve revealed God’s design: one formed from the earth, the other carrying the promise of life.

God also gave Adam the authority to name every living creature. Genesis 2:19 says, **“Out of the ground the Lord God formed every animal of the field and every bird of the sky, and brought them to the man to see what he would call them; and whatever the man called a living creature, that was its name.”** Naming was not an act of curiosity. It was an act of dominion and purpose. When Adam named the animals, he was speaking identity into creation. Every name held meaning, and that meaning aligned with the design of God. Even now, names carry power. When parents name their children, they are often declaring something prophetic without realizing it. A name is more than a label. It shapes how a person sees themselves and how others respond to them. God Himself often changed names to match the purpose He placed within a person. Abram became Abraham, Sarai became Sarah, and Jacob became Israel. Each name marked a transformation in destiny.

This pattern began in Eden. Adam and Eve were created not to survive but to thrive in perfect communion with God. His breath sustained them, His voice guided them, and His presence clothed them in glory. Life flowed without interruption. Time was measured not in years but in fellowship. Sin had not yet entered, and the breath of God was their continual source of life.

The early chapters of Genesis also reveal something extraordinary about those first generations. People lived much longer before the flood. Adam lived nine hundred and thirty years, and many who came after him lived even longer. The shortening of human life after the flood has long been a subject of wonder. Some believe that before the flood, the earth's atmosphere was different, protected by a canopy of vapor described in Genesis 1:6–7, which may have shielded mankind from harmful elements. Others believe that the perfect communion with God allowed His sustaining presence to remain stronger in the body before corruption took deeper hold. Whatever the reason, those early years reflect how creation once functioned in harmony with divine breath.

After the flood, life spans began to shorten dramatically. The earth had changed, the environment shifted, and the effects of sin had multiplied. The world that once nurtured life became one that slowly drained it. Yet even then, God's breath continued to sustain His people. Though the years became fewer, the invitation to live fully in His presence remained the same.

Pause for a moment and consider this. Every breath you take carries a reminder of that first moment in Eden. The same God who formed Adam from the dust and filled him with life is the One who breathes in you today. Every exhale is evidence that His Spirit has not departed from humanity. When you speak, when you pray, when you call His name, His breath moves through you.

In that truth, we begin to awaken.

# Part I – The Breath: What We Were Always Meant to Be

## Section 2 – The Garden and the Breath That Sustained All Life

The Garden of Eden was more than a place. It was a living reflection of God’s heart. Everything within it existed in perfect harmony. The ground produced without toil, rivers flowed with purpose, and every living thing functioned as it was designed. Eden was not meant to be temporary. It was the beginning expression of heaven on earth, a sacred meeting place where Creator and creation shared the same air.

Genesis 2:8 says, **“Now the Lord God planted a garden in Eden, in the east; and there He placed the man whom He had formed.”** The Hebrew word for *Eden* carries meanings of delight, pleasure, and abundance. It was a realm where joy was unbroken and work was never wearying. Adam and Eve did not struggle to survive. They lived from divine supply, walking daily in fellowship with the One who breathed life into them. Every morning began with His presence, and every evening ended with His voice.

In that communion, man’s spirit and body were one. There was no separation between the physical and the spiritual. The breath of God moved freely through both. The Hebrew word for *breath* is *ruach*, which also means *spirit* and *wind*. It carries the sense of movement, life, and invisible power. The *ruach* of God hovered over the waters at creation, filled Adam’s lungs in the beginning, and continues to animate all living things. Psalm 104:30 says, **“You send forth Your Spirit, they are created, and You renew the face of the ground.”** The same Spirit that filled Adam continues to renew all life today.

Within that perfection, God gave mankind a remarkable gift, the power of choice. Love, to be real, must be chosen. Genesis 2:16–17 tells us, **“The Lord God commanded the man, saying, ‘From any tree of the garden you may freely eat; but from the tree of the knowledge of good and evil you shall not eat, for on the day that you eat from it you will certainly die.’”** God was not threatening Adam. He was protecting him. To live by His breath was to live by His truth. To step outside of it would be to choose independence over intimacy.

The Hebrew word for *knowledge* here, *da’ath*, means more than information. It means intimate awareness or experiential knowing. God knew that if man chose to know good and evil apart from Him, the purity of that relationship would break. The breath that once flowed without obstruction would become clouded by self-awareness and fear. Humanity would still breathe, but no longer from the fullness of divine life.

Yet even in that warning, love was present. God had already made provision for redemption. The Lamb was known before the foundation of the world. His plan was never reactionary. It was always restoration. Every tree, every river, and every breath in Eden spoke of relationship. The river that flowed out of Eden and divided into four parts in Genesis 2:10 symbolized the spreading of His life to the four corners of the earth. The number four in Scripture often represents creation or the physical world. From the beginning, God intended His Spirit to fill all the earth through those made in His image.

Imagine that for a moment. Humanity was designed to be the visible reflection of an invisible God. The garden was the first classroom, where every sound, scent, and color revealed a lesson about the Creator. The fragrance of flowers, the hum of bees, the flowing water, and the whisper of the wind all testified of His presence. The earth itself responded to the voice of man because the breath within man was the same breath that had called the earth into being.

There was no sickness, no decay, and no death. The word *death* in Hebrew, *maveth*, means separation. It is not simply the end of the body but the disconnection from the source of life. Adam and Eve were

meant to live in continual connection, drawing life from the Spirit as naturally as breathing. This is why they could live without aging or deterioration. The breath that filled them carried both physical vitality and spiritual light. As long as that connection remained unbroken, so did their wholeness.

But choice introduced another possibility. When the serpent tempted Eve, his words carried a subtle twist. He questioned what God had said, planting doubt in her mind. The very breath that had once brought life was now challenged by a counterfeit voice. The serpent's goal was not merely to cause disobedience but to break trust. He wanted them to believe that life apart from God was possible. Yet the moment that belief took root, separation began.

Still, God's mercy did not vanish. Even as Adam and Eve hid, He called to them. Genesis 3:9 says, **“Then the Lord God called to the man, and said to him, ‘Where are you?’”** It was not a question of location but of relationship. God was still seeking the connection that had been broken. His breath had not withdrawn. It waited to be welcomed again.

The story of Eden is not just a history lesson. It is a mirror. Every time we choose trust over fear, surrender over control, and truth over self-deception, we return a little closer to that original design. The Spirit still whispers the same invitation: “Breathe in My life. Walk with Me in the cool of the day.” The Hebrew phrase for “cool of the day” in Genesis 3:8 is *ruach hayom*, which literally means “the wind” or “the breath of the day.” Even in their hiding, God's breath moved through the garden, searching for the ones He loved.

His breath still searches today.

# Part I – The Breath: What We Were Always Meant to Be

## Section 3 – The Fall and the Longing for Restoration

Even after Adam and Eve turned away from the voice that had always given them life, the mercy of God still reached toward them. His first act after their disobedience was not punishment but covering.

Genesis 3:21 says, **“The Lord God made garments of skin for Adam and his wife, and clothed them.”** Though the intimacy of the garden had been broken, His desire to protect and restore them never changed.

In that moment of loss, something remarkable also began. The gift of naming became a quiet act of redemption. When Adam called his wife *Eve*, he did so after they had already been sent from the garden. Genesis 3:20 records, **“Now the man named his wife Eve, because she was the mother of all the living.”** In Hebrew, *Chavah* means “life.” Adam spoke that name in faith, declaring life in a moment that looked like death. It was his first act of hope after the fall, a prophetic word over humanity’s future.

From that point forward, names carried even greater meaning. Every child born would be given a name that marked both memory and promise. When parents named their children, they were not just identifying them; they were declaring purpose. This pattern continued throughout Scripture. Noah’s father, Lamech, said in Genesis 5:29, **“He will comfort us in the labor and painful toil of our hands caused by the ground the Lord has cursed.”** The name *Noah* means “rest” or “comfort.” Each generation carried names that spoke of what God would yet redeem. Even today, naming remains sacred. Words spoken over a child at birth often become the frame through which they see themselves. God still moves through names, shaping identity and calling forth destiny.

The fall, however, changed the way mankind experienced the breath of life. What had been communion became separation. Genesis 3:17–19 records God’s words to Adam, **“Cursed is the ground because of you; with hard labor you shall eat from it all the days of your life.”** The ground, which once responded freely to Adam’s care, now resisted. The body, once sustained effortlessly by divine breath, began to tire and age. Death entered not as a sudden end but as a gradual drift from the source of life. The Hebrew word for *curse*, *arar*, means “to bind” or “to hem in.” Sin had narrowed what was once limitless.

Generations passed, and life continued through the names that carried memory of God’s promise. Adam’s descendants were born into a world still sustained by the Creator’s mercy, but the effects of separation became visible. The lifespan of man began to shorten. Before the flood, many lived for centuries, Adam for nine hundred and thirty years, Methuselah for nine hundred and sixty-nine, Noah for nine hundred and fifty. After the flood, the years declined rapidly.

The reasons for the shortening of life have long stirred both faith and curiosity. Scripture gives us glimpses but not complete answers. Genesis 6:3 says, **“Then the Lord said, ‘My Spirit shall not strive with man forever, because he also is flesh; nevertheless his days shall be one hundred and twenty years.’”** This was not a declaration of a new human lifespan but a period of grace, one hundred and twenty years before the flood would come. It was time given for repentance while Noah prepared the ark. During those years, corruption filled the earth. The Nephilim, a hybrid offspring of fallen angels and humans, had spread violence and evil across creation until the image of God within humanity was nearly lost. When judgment finally came, even Noah’s family could not have fully grasped what death truly meant until they saw the entire world around them wiped away. That sobering awareness of mortality, once distant in the centuries before, became a reality that marked the generations that followed. The weight of that understanding carried forward after the flood, shaping how life, death, and the fear of both were seen from that point on.

After the flood, a different kind of separation began to take root, one within the heart. Fear became part of humanity's vocabulary. The words that once carried faith and communion with God began to carry worry, doubt, and survival. Each generation drifted further from the memory of the garden, and stories of life began to fade into stories of struggle. The power of their words, once aligned with the breath of God, began to shape a reality filled with decay instead of renewal. What they feared most, they began to speak, and what they spoke, they began to live. Fear of death replaced the confidence of eternal life, and as those words filled the atmosphere, lifespans shortened even more. The same breath that had once spoken worlds into being now echoed with the weight of mortality rather than the promise of divine life.

That same pattern continues today. Many speak death over their own bodies without realizing it. They repeat what they have been told, that sickness runs in their family, that certain diseases are inherited, that decline is inevitable with age. Yet for those who have been born again into the family of God, that old lineage no longer defines us. We have been adopted into a new household, one without a history of death or illness. When we speak according to that truth, our words agree with life rather than fear. Proverbs 18:21 reminds us, **“Death and life are in the power of the tongue, and those who love it will eat its fruit.”** The breath that once carried fear can once again carry faith, and faith brings life to all it touches.

Even in the midst of decline, God always kept a remnant who walked in His ways. Enoch, whose name means “dedicated,” walked so closely with God that he did not see death. Genesis 5:24 says, **“Enoch walked with God; then he was not there, because God took him.”** His life stood as a reminder that intimacy was still possible. Those who walked in step with the Spirit could still live from the same breath that filled Adam in the beginning.

The longing for restoration deepened with time. Humanity had tasted what separation felt like. The years grew shorter, but the promise of return was never forgotten. Each sunrise still carried the echo of that first breath. Each child born into the world carried the spark of divine life that refused to be extinguished.

The story of the fall is not one of despair. It is the beginning of redemption's unfolding. The breath that once filled the garden would one day fill human hearts again. God's plan was already in motion, preparing the way for His Spirit to dwell within, not just upon, His people. What was lost through disobedience would be restored through a greater obedience, one born of love, not law.

And so the world waited. The breath of God that had once walked with man in the cool of the day would one day walk among them again, clothed in human form, to breathe new life into all who would receive it.

# Part I – The Breath: What We Were Always Meant to Be

## Section 4 – The Flood and the Preservation of the Promise

God’s plan was never slow. His timing has always been perfect. From Adam to Noah, and from Noah to Abraham, every generation carried within its story a piece of what would one day be fulfilled in Christ. Each name, each life, revealed another glimpse of the promise that God would breathe life into His creation once again.

When you look at the names in Genesis 5, from Adam through Noah, a hidden message unfolds. *Adam* means “man.” *Seth* means “appointed.” *Enosh* means “mortal.” *Kenan* means “sorrow.” *Mahalalel* means “the blessed God.” *Jared* means “shall come down.” *Enoch* means “teaching” or “dedicated.” *Methuselah* means “his death shall bring.” *Lamech* means “despairing.” *Noah* means “rest” or “comfort.” Put together, the meanings tell a story: *Man is appointed mortal sorrow, but the blessed God shall come down, teaching that His death shall bring the despairing rest.*

Before Jesus ever walked the earth, His story was already written in the lineage of faith. God was patiently revealing redemption through names and generations so that when the Messiah came, His purpose would be unmistakable. Second Peter 3:9 reminds us, **“The Lord is not slow about His promise, as some count slowness, but is patient toward you, not willing for any to perish, but for all to come to repentance.”** Every life that came before Christ prepared the world to recognize Him when He arrived.

In Noah’s time, that preparation took the form of a covenant. Genesis 6:8 says, **“But Noah found favor in the eyes of the Lord.”** The Hebrew word for *favor*, *chen*, carries the meaning of grace freely given. When the world around him was filled with violence and corruption, Noah listened to the voice of God. His obedience preserved not only his family but the line through which the Redeemer would come. Noah’s ark became more than a vessel of survival; it became a picture of salvation. Just as the ark lifted Noah above the waters of judgment, Christ would one day lift humanity above the weight of sin and death.

For one hundred and twenty years, Noah built the ark while preaching righteousness. Second Peter 2:5 calls him a *herald of righteousness*, a man who proclaimed truth in a world that no longer wanted to hear it. During that time, the breath of God continued to strive with man, calling him back to repentance. Yet only Noah and his family believed. When the flood came, everything that breathed outside the ark perished. Genesis 7:22–23 records, **“Of all that was on the dry land, all in whose nostrils was the breath of the spirit of life, died. So He wiped out every living thing that was upon the face of the land.”**

It is a sobering truth. The very breath that had given life in the beginning was now withdrawn from those who had turned away from it. Yet through that judgment, mercy still prevailed. God preserved a remnant through which His promise could continue. The flood was not only destruction; it was cleansing, a reset of creation to prepare for the covenant that would follow.

When Noah and his family stepped out of the ark, they stood on renewed ground. Genesis 8:21–22 says, **“The Lord said to Himself, ‘I will never again curse the ground because of man, for the intent of man’s heart is evil from his youth; and I will never again destroy every living thing, as I have done. While the earth remains, seedtime and harvest, cold and heat, summer and winter, and day and night shall not cease.’”** God established a covenant not just with Noah but with all living things, marked by the rainbow, a visible sign of His promise and faithfulness.

This covenant signified a new beginning, yet humanity still carried the memory of separation. The fear of death remained, and the atmosphere of trust had to be rebuilt. Noah's descendants began to multiply, but the same choice that Adam faced in Eden returned to every generation, whether to walk in faith or to live in fear. The Spirit of God still breathed among them, but the fullness of that indwelling presence would not come until the appointed time when Christ would restore what had been lost.

The story of the flood teaches us that preservation is not merely about survival; it is about purpose. God preserved Noah's family so that the promise of restoration could continue. Through them would come Abraham, Isaac, Jacob, and eventually the lineage that led to Jesus. Each covenant along the way, the rainbow, the altar, the circumcision, the law, pointed toward a greater covenant, one that would not be written on tablets of stone but on the hearts of those reborn by the Spirit.

Just as the earth was washed clean by water, hearts would one day be cleansed by the Spirit of life. Titus 3:5 says, **“He saved us, not on the basis of deeds which we did in righteousness, but in accordance with His mercy, by the washing of regeneration and renewing by the Holy Spirit.”** The flood was a foreshadowing of that renewal. Where sin brought decay, God's breath would bring life again.

From Adam's first breath to Noah's ark, from Abraham's faith to the birth of Christ, every chapter reveals the same truth, God's desire has always been to dwell with His creation. The flood was not the end of humanity's story. It was a turning of the page toward redemption. The promise of rest that Noah's name carried found its fulfillment in Jesus, the One who would say in Matthew 11:28, **“Come to Me, all who are weary and burdened, and I will give you rest.”**

Through Him, the breath that hovered over the waters in the beginning now fills every heart that believes.

# Part I – The Breath: What We Were Always Meant to Be

## *Section 5 – The Covenant of Breath Renewed through Abraham*

After the flood, humanity began again through Noah’s sons: Shem, Ham, and Japheth. From them, nations were formed and languages scattered. Yet even after judgment, pride still found its way into human hearts. The tower of Babel became a symbol of mankind’s attempt to reach heaven by self-effort. Genesis 11:4 records their intent, **“Come, let us build for ourselves a city, and a tower whose top will reach into heaven, and let us make a name for ourselves.”** The heart of sin had not changed. They longed for significance apart from the One who gave them life.

But God’s answer to human pride was not more destruction, it was covenant. Where man sought to make his own name great, God chose one man through whom His name would be known. That man was Abram. Genesis 12:1–3 says, **“Now the Lord said to Abram, ‘Go from your country, and from your relatives, and from your father’s house, to the land which I will show you; and I will make you into a great nation, and I will bless you, and make your name great; and you shall be a blessing. And I will bless those who bless you, and the one who curses you I will curse. And in you all the families of the earth will be blessed.’”**

In calling Abram, God began again the conversation of breath, a covenant of life that would one day reach every nation. The Hebrew meaning of *Abram* is “exalted father.” When God changed his name to *Abraham*, it became “father of many nations.” This change was not a mere title; it was a transformation. Each time someone spoke his new name, they were declaring the promise God had spoken. Every breath that formed his name released the sound of destiny.

Names in Scripture were never accidental. God called people according to their purpose long before they saw it themselves. The name change marked a new beginning, just as the covenant of breath was being renewed. In Genesis 17:5, God said, **“No longer shall your name be Abram, but your name shall be Abraham; for I have made you the father of a multitude of nations.”** He also changed Sarai’s name to Sarah, meaning “princess” or “noblewoman,” a mother of kings. When God breathed those names, He was breathing life into promise.

That same breath was symbolized in the covenant of circumcision, not as an act of fleshly pride but as a sign of separation and belonging. Genesis 17:10–11 says, **“This is My covenant, which you shall keep, between Me and you and your descendants after you: every male among you shall be circumcised. And you shall be circumcised in the flesh of your foreskin, and it shall be the sign of the covenant between Me and you.”** It represented cutting away what hindered the flow of life and intimacy with God, a physical reminder of a spiritual truth that would later be fulfilled in the circumcision of the heart through the Holy Spirit.

Through Abraham, God reestablished the language of faith. Romans 4:3 reminds us, **“Abraham believed God, and it was credited to him as righteousness.”** Belief restored what fear had broken. Where generations before had spoken death, Abraham began to speak life again. He trusted the promise of life even when everything around him seemed barren.

At one hundred years old, his body said it was impossible, yet the breath of God made the impossible live. Sarah laughed when she first heard the promise, but even her laughter was redeemed. Isaac’s name, meaning “laughter,” became a sign of joy reborn, proof that God can turn disbelief into delight. Their son carried the continuation of covenant breath, showing that every promise God speaks carries within it the power to bring itself to pass.

Abraham's faith was not blind obedience; it was relationship. He learned to listen to the voice that had once walked in the garden. Genesis 15:1 says, **"After these things the word of the Lord came to Abram in a vision, saying, 'Do not be afraid, Abram, I am your shield; your reward shall be very great.'"** The same God who breathed into Adam now breathed promises into Abraham's heart. Through his lineage would come Isaac, Jacob, and twelve tribes that would grow into a nation, a people through whom God would dwell and reveal His plan of redemption.

But the covenant was never meant for one nation alone. God's promise to Abraham was that *in him all families of the earth would be blessed*. Galatians 3:14 explains, **"In order that in Christ Jesus the blessing of Abraham would come to the Gentiles, so that we would receive the promise of the Spirit through faith."** The covenant of faith that began with Abraham was a shadow of what would come through Jesus, the return of the Spirit, the divine breath within.

Every story leading up to Christ carried this rhythm of breath and promise. Adam received it. Noah preserved it. Abraham believed it. Through each covenant, God revealed a part of Himself, until at last the fullness of that life would come through His Son. Each generation was a rehearsal for restoration, each name a prophecy of grace to come.

The covenant of Abraham was a turning point. It reintroduced trust, revived relationship, and reopened the way for divine breath to dwell among men. Through Abraham, the line of life was restored, a living reminder that what God begins, He always completes.

# Part I – The Breath: What We Were Always Meant to Be

## *Section 6 – The Thread of Life – How the World Changed After the Flood and Why Every Story Led to Redemption*

When the waters of the flood receded, the world was not the same. The air felt different, the soil carried a new weight, and the rhythm of life had changed. The earth had been washed clean, yet the memory of what had been lost lingered in every living thing. Noah and his family stood in a world reborn but not yet restored. They had seen both the mercy and the might of God. Life would go on, but it would never again be as it was in Eden.

The generations that followed learned to live in a new balance between fear and faith. The covenant with Noah reminded humanity that judgment would never again come by water, yet the shadow of death still hung in their hearts. It was as though the breath that once filled Adam now moved more faintly through the generations, waiting for a time when it would again flow in full strength.

From that moment forward, every story, every person, and every book of Scripture became part of one unfolding plan: the restoration of that breath, the redemption of that relationship, and the return of life itself. God was writing through generations, and each life revealed another side of His plan to bring humanity back into communion with Him.

**Genesis** introduces us to that purpose through Abraham, Isaac, Jacob, and Joseph. We see covenant, obedience, and the power of promise. Genesis 12–50 tells of a family chosen to carry faith through the coming centuries. In Abraham, we see faith born; in Isaac, the son of promise; in Jacob, the transformation from deceiver to Israel; and in Joseph, the preservation of a nation through forgiveness. Genesis teaches us that God always prepares redemption before the need arises.

**Exodus** reveals deliverance. In Exodus 3–14, God calls Moses to lead His people out of slavery, showing that His power can still part seas and set captives free. Through the Passover lamb, we see the foreshadowing of Jesus, the true Lamb of God who would deliver us from sin. The breath that once gave life to dust now moves through deliverance, teaching us that salvation is always His idea before it is ours.

**Leviticus** and **Numbers** teach holiness and dependence. These books remind us that God is not distant but desires to dwell among His people. The offerings, feasts, and priestly duties all point forward to the perfect sacrifice to come. In Leviticus 19:2, God says, “You shall be holy, for I the Lord your God am holy.” Holiness was never meant to be about restriction but reflection—our lives mirroring His.

**Deuteronomy** captures the voice of remembrance. As Moses prepared to leave this world, he called the people to remember all that God had done. Deuteronomy 30:19 says, “I have set before you life and death, blessing and curse; therefore choose life.” The message was simple and eternal: life comes through obedience to His Word, and death through forgetting it.

**Joshua** steps forward as a story of promise fulfilled. In Joshua 1–24, we see courage, faith, and victory as Israel enters the land. It shows that the promises of God require partnership, faith that acts. The inheritance God gives is meant to be possessed, not admired from a distance.

**Judges** shows the struggle of a people who knew God but forgot Him in comfort. Figures like Deborah (Judges 4–5), Gideon, and Samson rise up to deliver Israel when they cried out. Their lives remind us that God uses ordinary people to do extraordinary things when His Spirit moves upon them. Even in failure, grace finds a way.

**Ruth** brings us a glimpse of redemption through relationship. Found in Ruth 1–4, this short story shows how loyalty and faithfulness lead to restoration. Ruth’s story points directly to Christ, our Kinsman Redeemer, who covers us with His grace and restores what was lost.

**1 and 2 Samuel** introduce us to the era of kings and prophets. Samuel anoints Saul and later David, showing the rise and fall of leadership apart from God and the blessing of leadership yielded to Him. David’s life, recorded here and echoed later in the Psalms, reveals a heart after God’s own heart, one that longs for His presence above all else.

**1 and 2 Kings** and **1 and 2 Chronicles** continue that thread, showing the rise and fall of nations, the strength of obedience, and the cost of rebellion. Elijah and Elisha perform miracles that point to the coming Messiah. Kings like Hezekiah and Josiah show that repentance can restore a nation, even when darkness covers the land.

**Ezra** and **Nehemiah** tell of rebuilding both walls and hearts. Ezra 7–10 and Nehemiah 1–6 show that restoration begins with returning to the Word and working together. Nehemiah’s rebuilding of Jerusalem’s walls foreshadows the spiritual rebuilding that Jesus would bring to the human heart.

**Esther** reveals the unseen hand of God. Though His name is never mentioned in the book, His presence moves in every detail. Esther 4:14 holds a timeless message: “Who knows whether you have come to the kingdom for such a time as this?” Her courage saved her people, just as Christ’s obedience would later save all humanity.

**Job** faces the hardest question—why suffering exists. In Job 1–42, we see faith that endures when everything is taken away. Job’s story reminds us that trust in God’s goodness cannot depend on circumstances. His words in Job 19:25 echo through time: “I know that my Redeemer lives.”

**Psalms** gives us the language of worship. Through joy and sorrow, victory and loss, the psalmists teach us how to breathe again in praise. The words of David, Asaph, and others remind us that worship restores what worry steals.

**Proverbs** offers wisdom for daily life, guidance on how to walk in righteousness, integrity, and peace. Its repeated theme, “The fear of the Lord is the beginning of wisdom,” shows us that true understanding begins with reverence for God.

**Ecclesiastes** explores the search for meaning and concludes that life without God is emptiness. Its refrain, “Vanity of vanities,” reminds us that fulfillment is found only in relationship with the Creator.

**Song of Solomon** portrays divine love, first between bride and bridegroom, then between God and His redeemed people. It whispers the message that intimacy with God was always His design for humanity.

The **Major and Minor Prophets** from Isaiah to Malachi carry the heartbeat of prophecy and promise. **Isaiah** (chapters 1–66) speaks of judgment and hope, describing in detail the coming Messiah who would bear our iniquities and restore our peace.

**Jeremiah** and **Lamentations** grieve over a nation’s fall yet hold a promise of a new covenant written on the heart.

**Ezekiel** sees visions of dry bones coming to life, foreshadowing the Spirit’s breath returning to His people.

**Daniel** reveals wisdom in exile and visions of the end times, pointing to the everlasting kingdom of the Son of Man.

The **Minor Prophets**, from Hosea’s story of redeeming love to Malachi’s promise of Elijah’s return, all point toward Jesus, the Redeemer, the Restorer, the returning King.

From Genesis to Malachi, we see one unbroken thread. God never stopped breathing into His creation. Through prophets, poets, kings, and common people, His Spirit continued to move, preparing the world for the moment when the Word would become flesh. Every failure revealed the need for a Savior. Every promise reminded us that God's mercy never ends. Every prophecy whispered His name.

And then, in the fullness of time, the breath that hovered over the waters and filled Adam's lungs entered the world again, this time as a child in a manger.

From the flood to the prophets, the story of humanity had been one long inhale, creation waiting to exhale again. The world had heard God's voice through wind and fire, through whispers and visions, yet the fullness of His breath had not returned. Heaven had been speaking, but through echoes. Then came a pause, a holy stillness that stretched for generations. The prophets fell silent, and the world waited once more for the sound that would awaken it.

When the time was right, the Word Himself would breathe again into the dust of humanity, and the Spirit of life would rise within all who believed.

## Part II – The Breath Lost and the Call to Remember

### *Section 1: The Word Made Flesh, The Breath Walks Among Us*

The night was ordinary by every measure of earth, yet heaven held its breath. For centuries, prophets had spoken of this hour, and angels had waited to deliver the message that would change everything. The silence that stretched across four hundred years was about to shatter, not with thunder or fire, but with the cry of a newborn child.

In the small town of Bethlehem, beneath a sky scattered with stars, the Creator of the universe took His first breath as one of us. The One who had breathed life into Adam now drew His own breath through human lungs. Luke 2:11 declares, “For today in the city of David there has been born for you a Savior, who is Christ the Lord.”

No one could have imagined that the Almighty would come this way, not in royal robes, but wrapped in cloth; not in a palace, but in a stable. Yet that is where redemption always begins, in humility, in surrender, in places the world overlooks.

Mary and Joseph had no idea that the child they held was the same presence that had once filled the temple with glory. The shepherds, startled by angels, were the first to hear heaven’s song resound through the night: “Glory to God in the highest, and on earth peace among men with whom He is pleased.” The breath of God was back among men, quiet, gentle, and alive.

For the first time since Eden, God walked again with humanity. Not beside them in a garden, but among them in flesh. John 1:4 says, “In Him was life, and the life was the Light of men.” Everywhere Jesus went, that life awakened what had been asleep. The blind saw, the deaf heard, the lame walked, and the oppressed were set free. His words carried the same creative power that once spoke worlds into existence.

He breathed forgiveness over the broken and peace over the fearful. The woman caught in sin found mercy. The leper who dared to approach found healing. The man born blind opened his eyes not only to see the world, but to see the One who made it. Every miracle was an exhale of heaven, the Spirit moving once again through human breath.

People marveled because He spoke with authority, yet it was not the authority of rule or status; it was the authority of life. When He said, “Your sins are forgiven,” the chains of shame broke. When He said, “Peace, be still,” even the wind obeyed Him, as if creation itself recognized the voice that had first called it forth.

But the greatest miracle was not the signs He performed; it was the presence He carried. Jesus came not only to reveal who God is, but to remind us who we were always meant to be. Every word He spoke, every act of compassion, every touch of healing whispered the same truth: the breath that was lost could be restored.

The disciples walked beside Him and still did not fully understand. They saw power but not yet purpose. They knew He was from God, but they could not yet grasp that He was God. The fullness of His mission would not be clear until the cross, where the breath that gave life would be given up for all.

## Part II – The Breath Lost and the Call to Remember

### *Section 2: The Cross and the Final Exhale*

The ministry of Jesus had turned hearts, opened eyes, and awakened hope, yet few understood what was truly unfolding. They saw miracles but not the meaning. The breath that spoke peace to storms and life to the dead had come for one purpose: to restore what Adam lost. Every word He spoke and every step He took was leading toward the cross.

As the Passover drew near, the atmosphere in Jerusalem shifted. Crowds that once shouted “Hosanna” began to murmur in confusion. The same breath that had given sight to the blind was now accused of blasphemy. Isaiah had foreseen it long ago: “He was despised and rejected by men, a man of sorrows and acquainted with grief” (Isaiah 53:3).

In the garden of Gethsemane, Jesus prayed until His sweat became like drops of blood. There, we see humanity’s full weight pressing upon Him, the separation, the fear, the sorrow. Luke 22:42 records His words: “Father, if You are willing, remove this cup from Me; yet not My will, but Yours be done.” That moment was the surrender of the first breath to the will of the Father. In Adam, man had chosen self over God. In Christ, God chose self-sacrifice for man.

The trial that followed was mockery. The crowd demanded crucifixion, and the One who had healed their sick was condemned to die between thieves. As nails pierced His hands and feet, creation itself seemed to recoil. The sky darkened. The earth trembled. The breath of life hung suspended between heaven and earth.

John 19:30 records the moment that changed eternity: “Therefore when Jesus had received the sour wine, He said, ‘It is finished!’ And He bowed His head and gave up His spirit.” In Greek, the word for “spirit” is *pneuma*, which also means breath. The breath that had once filled Adam was now leaving the body of the last Adam. It was not taken from Him; it was given freely. The final exhale of Jesus was not defeat but deliverance. In that breath, the curse was broken, the separation closed, and the way back to the Father was opened.

The veil of the temple tore from top to bottom, a sign that access to God was no longer reserved for priests or rituals. The presence that once dwelled behind the veil now rushed out to meet His people. What had been lost in Eden was restored at Calvary.

For three days, silence returned, but this time it was the silence before resurrection. Death held its breath, believing it had won. Yet the Author of life cannot be held by death. Matthew 28:2–6 tells us, “And behold, a severe earthquake had occurred, for an angel of the Lord descended from heaven and came and rolled away the stone. The angel said to the women, ‘He is not here, for He has risen, just as He said.’”

When Jesus rose, the breath that left His body returned, eternal, unconquered, and unending. In that moment, every promise of God found its yes. The Spirit that hovered over creation now moved through redemption, ready to fill all who would believe.

After His resurrection, Jesus appeared to His disciples and did something profoundly symbolic. John 20:22 says, “And when He had said this, He breathed on them and said to them, ‘Receive the Holy Spirit.’” This was the beginning of a new creation. The same Creator who breathed into Adam now breathed into His followers. The curse was reversed. Life had returned. The breath of God once again found a home in human hearts.

## Part II – The Breath Lost and the Call to Remember

### *Section 3: The Breath Restored at Pentecost*

After the resurrection, the disciples were filled with wonder but also uncertainty. They had seen the empty tomb, they had touched His hands, and they had heard His voice again. Yet they still waited for something they could not yet name. Jesus had told them in John 16:7, “It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I go, I will send Him to you.”

The forty days that followed were filled with revelation. Jesus appeared to them, teaching them about the kingdom of God, eating with them, walking beside them, and preparing them for what was to come. Acts 1:8 records His final promise before ascending into heaven: “You will receive power when the Holy Spirit has come upon you, and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and as far as the remotest part of the earth.”

When He ascended, He lifted His hands in blessing, and then the clouds received Him from their sight. The disciples stood in awe, staring into the heavens, until angels reminded them that the same Jesus who had gone up would one day return in the same way.

They returned to Jerusalem and gathered together in prayer. One hundred and twenty believers waited in the upper room, not knowing what form the promise would take but trusting the words of their Lord. Ten days later, on the day of Pentecost, the waiting ended.

Acts 2:2–4 says, “And suddenly a noise like a violent rushing wind came from heaven, and it filled the whole house where they were sitting. And tongues that looked like fire appeared to them, distributing themselves, and a tongue rested on each one of them. And they were all filled with the Holy Spirit and began to speak with different tongues, as the Spirit was giving them the ability to speak out.”

The breath of God returned to humanity, no longer external but living within. The same Spirit that hovered over the waters and breathed into Adam now filled men and women with divine power. They were transformed from fearful followers into bold witnesses. The rushing wind was heaven’s exhale, and the fire that appeared was the visible sign of the indwelling presence of God.

Peter, who once denied Jesus, now stood before thousands and declared the truth with courage. He quoted the prophet Joel: “I will pour out My Spirit on all mankind, and your sons and your daughters will prophesy” (Joel 2:28). The sound of heaven had drawn a crowd, and the gospel was proclaimed in every language under the sun. Three thousand people believed and were baptized that day. The Church was born not through structure or ceremony but through the Spirit’s breath moving in willing hearts.

This was more than revival. It was renewal. Humanity had been reconnected to its source of life. The Spirit that once rested upon prophets now resided within believers. The separation that began in Eden was over. The Spirit was no longer a visitor but a resident.

The believers became living temples of God’s presence. Their voices carried the same power that spoke through Jesus, the same compassion that healed, and the same authority that calmed the sea. Each time they spoke life, forgiveness, and truth, it was the breath of God moving through them.

Pentecost marked not only the awakening of the Bride but the continuation of creation itself. It was the moment when divine breath filled human lungs again, restoring what had been lost. Through this gift,

every believer now carries the life of God within. The presence that once filled the Holy of Holies now fills every heart that believes.

Romans 8:11 declares, "If the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you." That same life-giving Spirit breathes through every generation, renewing the earth one heart at a time.

The story that began in Genesis was never about perfection but about presence. God's desire has always been to dwell with His people. At Pentecost, that desire was fulfilled. The breath that created the world now sustains it, living within those who believe and carry His truth into all the earth.

The Spirit still breathes within every believer, but each heart must choose to awaken to that truth. Just as a vow becomes real through commitment, our covenant with God deepens as we seek and surrender. The fire may not always appear in sight, but it grows brighter in those who search for truth and walk in it.

## Part II – The Breath Lost and the Call to Remember

### *Section 4: Living by the Spirit, The Breath Within Us*

The day of Pentecost was not the end of a story; it was the beginning of a new one. The breath that once filled Adam and later empowered the prophets now lived within every believer. What began as a rushing wind in the upper room became a quiet strength that carried through every generation.

The Spirit did not come to visit us occasionally but to remain, to teach, and to remind us of all that Jesus said. John 14:26 records His promise: “But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things and remind you of all that I said to you.” The breath of God became our constant companion, guiding us into truth and giving life to our mortal bodies.

To live by the Spirit is to walk in step with that breath, to let His life flow through our thoughts, words, and actions. Paul wrote in Galatians 5:25, “If we live by the Spirit, let us also walk by the Spirit.” It is a daily choice to draw from the life within rather than the fear and striving around us.

The early believers learned that walking in the Spirit meant seeing differently. What once seemed impossible became possible. They healed the sick, spoke with boldness, and endured persecution with joy. Their confidence was not in themselves but in the life that filled them. The same Peter who once trembled before a servant girl now faced councils and kings without fear. The same Spirit who filled him also fills us.

Living by the Spirit means learning to listen again. The voice of God has not gone silent; it simply speaks within. Romans 8:14 reminds us, “For all who are being led by the Spirit of God, these are sons and daughters of God.” His leading is gentle but sure, never forcing, always inviting. Each step of obedience deepens our awareness of His presence.

This life is not without challenges. The old nature resists the new, and the noise of the world competes with the stillness of His voice. Yet when we pause and breathe, the Spirit reminds us who we are. We are not sinners striving for forgiveness but sons and daughters living from righteousness. The breath of God is not a visitor to our hearts but the very essence of our new nature.

Every moment becomes sacred when we remember that His life fills ours. The same Spirit who hovered over creation now hovers within us, bringing light into dark places and order into confusion. The Spirit does not just guide; He transforms. He turns fear into faith, despair into hope, and weakness into strength.

Living by the Spirit is not about perfection but participation. It is saying yes to the breath of God within us and allowing that breath to shape how we think, speak, and love. It is choosing to forgive when the world says to retaliate, to bless when it would be easier to curse, to rest when others strive. The Spirit teaches us to respond from peace instead of reacting from fear.

The more we yield, the more His likeness is revealed. Just as breath animates the body, His Spirit animates our faith. We begin to live not by effort but by flow, not by law but by love. The fruit of the Spirit becomes the natural outpouring of a heart united with His—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These are not goals to achieve but evidence of life within.

Paul said in Galatians 2:20, “It is no longer I who live, but Christ lives in me.” This is the secret of true rest. We no longer strive to be like Him; we simply learn to let Him live through us. The same Spirit that raised Jesus from the dead now breathes through our words, our worship, and our witness.

When we live by the Spirit, the world sees something it cannot explain. It sees peace that stands firm in chaos, joy that survives sorrow, and love that never gives up. These are the signs of the breath within, the quiet fire that never goes out.

The Spirit teaches us not only how to live but how to breathe. Each breath is a reminder of the life that dwells within. Breathing becomes prayer, and prayer becomes communion.

Before you close your eyes at night, pause and breathe slowly. As you inhale, whisper, "*Lord, I receive Your life within me.*" As you exhale, whisper, "*I release the weight of this day.*" Let your thoughts settle, and rest in the peace that never leaves you. Even in sleep, His Spirit sustains you.

When morning comes, let your first breath be thanksgiving. As you inhale, whisper, "*Spirit of God, fill me for this day.*" As you exhale, whisper, "*Let Your life flow through me.*" Let the darkness of night give way to the light of His awakening within you.

This is how we live by the Spirit, not through striving but by breathing with Him, letting each moment become a rhythm of grace, a quiet conversation between heaven and heart.

## Part II – The Breath Lost and the Call to Remember

### *Section 5: The Call to Remember and Awaken*

The Spirit within us is faithful. He never grows silent or distant, but hearts can drift, and minds can grow weary. Life's noise, disappointments, and distractions can dim our awareness of the life already alive in us. Yet the call of God never changes. It is the same whisper heard from the beginning: *remember*.

Throughout Scripture, God continually reminded His people to remember what He had done. When they forgot, fear replaced faith. When they remembered, strength returned. Deuteronomy 8:2 says, "You shall remember all the way which the Lord your God has led you." Remembering is not about revisiting the past; it is about awakening to the present presence of God.

The Spirit calls us to remember who we are and whose breath we carry. We are no longer bound by what was lost but awakened to what has been restored. To remember is to see again through the eyes of faith, to recognize that the same Spirit who hovered over the waters and filled the disciples at Pentecost now dwells in us.

The awakening begins the moment we turn our attention to Him. It does not come through striving or emotional intensity but through quiet awareness. The voice that once called light out of darkness still speaks within every believer. When we listen, the noise of the world fades, and His peace fills the space once held by fear.

Ephesians 5:14 says, "Awake, sleeper, and arise from the dead, and Christ will shine on you." This awakening is not a single event but a continual turning toward light. Each time we choose truth over fear, love over bitterness, and grace over judgment, we awaken a little more.

To remember is to breathe again. Every breath becomes a reminder that His life is our life. We inhale His peace and exhale His truth. We receive His love and release His grace. In doing so, we carry His presence into every place we go.

The world is waiting for this awakening. It is longing for people who live aware of the life within them, who speak with kindness, act with mercy, and walk in peace. The Spirit breathes through such people, drawing others toward the light they carry.

To live awakened is to live from rest, not reaction. It is to walk each day remembering that heaven's breath is within you. You do not have to reach for God; He has already reached for you. The veil was torn, the tomb was opened, and the Spirit was given. There is nothing left to wait for except our own awareness of what has already been done.

So breathe, remember, and awaken. Let every breath remind you that you are fully alive in Him.

Awakening begins as a choice of the heart, just like the decision to accept Christ. No one can do it for you. Not a parent, not a pastor, not even a friend. The Spirit is deeply personal, inviting but never forcing. Each believer must turn, listen, and respond for themselves. Others can encourage, teach, and pray, but only you can open your heart to the life already within. The breath of God waits for your invitation, and the moment you respond, His peace rushes in. This is where true transformation begins.

Surround yourself with people of like faith, those who will build you up and remind you of truth when the world speaks fear. Choose companions who speak life, who help you stay anchored in God's promises, and who walk beside you with grace and accountability. Proverbs 27:17 says, "As iron

sharpens iron, so one person sharpens another.” Together, you strengthen one another and keep the flame of faith burning bright.

## Part III – Living from Redemption, The Breath of Restoration

### *Section 1: Life Restored, Living from the Finished Work*

When Jesus said, “It is finished,” heaven and earth shifted. What Adam lost was restored. What sin broke was healed. What separation created, grace repaired. Redemption was not a temporary rescue but a complete restoration of God’s original design. The breath of God once again found a resting place within humanity.

To live from redemption is to live from what is already done, not what we are still trying to earn. Salvation was never meant to be a striving but a surrender. We were not called to chase righteousness but to awaken to the righteousness already within us through Christ. Second Corinthians 5:21 says, “He made Him who knew no sin to be sin in our behalf, so that we might become the righteousness of God in Him.”

Many still see themselves through the shadow of what they were instead of the light of what they have become. They live forgiven but not yet free, redeemed but still uncertain of their value. Yet the finished work of Christ leaves nothing undone. The blood that redeemed us also restored us. The same Spirit that raised Jesus from the dead now defines who we are.

Living from redemption means beginning every day with the awareness that you are already accepted, already loved, and already complete in Him. You are not working toward favor; you are living from it. You are not fighting for victory; you are walking in it. What grace gives, faith receives.

Ephesians 2:8–9 says, “For by grace you have been saved through faith; and this is not of yourselves, it is the gift of God; not a result of works, so that no one may boast.” The gift is complete. Our part is simply to live in agreement with it.

When we live from redemption, our thoughts begin to align with heaven’s truth. Fear loses its grip, shame loses its voice, and peace becomes the steady rhythm of our days. We no longer define ourselves by our past or our performance, but by the One who lives within us.

The more we rest in what is finished, the more His life flows through us. Redemption restores identity, and identity shapes action. As we see ourselves rightly, we begin to live rightly. The Spirit within us teaches us to think from heaven’s perspective, to speak words that give life, and to see others through eyes of compassion.

This is what it means to live as new creations. Second Corinthians 5:17 declares, “Therefore, if anyone is in Christ, this person is a new creation; the old things passed away; behold, new things have come.” The old life is gone, and the new has already begun.

Living from redemption is not about becoming something new; it is about realizing that you already are.

## Part III – Living from Redemption, The Breath of Restoration

### *Section 2: The Mind Renewed, Seeing Through the Breath of Truth*

When the Spirit came to dwell within us, He did not only restore life; He restored sight. What the world calls reality often blinds the heart, but the Spirit of truth opens our eyes to see through God's perspective. Romans 12:2 says, "Do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect."

The renewing of the mind is not a single moment but a continual awakening. It happens every time we choose truth over appearance, every time we allow what God says to outweigh what we see or feel. The Spirit teaches us to view life through the breath of truth, not the lens of fear or circumstance.

To see through the breath of truth means learning to think from God's finished work rather than our unfinished understanding. When we see from heaven's perspective, the things that once held power over us lose their authority. What seemed impossible begins to align with God's promises. Fear weakens. Faith rises. Hope strengthens.

Jesus lived this way perfectly. He never reacted to the world's darkness; He responded from the light within. When others saw death, He saw opportunity for life. When they saw sin, He saw potential for redemption. When storms raged, He spoke peace because peace was already His reality. The Spirit teaches us to do the same, to breathe truth into fear, to speak life into chaos, and to walk by faith instead of sight.

As the mind renews, the heart finds rest. Worry loses its grip because truth takes its place. The Spirit reminds us that we are seated with Christ in heavenly places, not left to fend for ourselves on earth. Ephesians 2:6 says, "And raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus." From that place of rest, we can see clearly what is true, what is eternal, and what is ours through Him.

Renewing the mind is not about positive thinking; it is about spiritual alignment. It is breathing in truth until it replaces the lies we once believed. Every thought becomes an opportunity to agree with life or death, peace or fear. When we align our thoughts with God's Word, our emotions follow, and our actions begin to reflect His nature.

This renewal also teaches us to see others through the breath of truth. We stop measuring by behavior and start seeing by identity. We remember that every person was created in the image of God, even those who have forgotten who they are. The Spirit renews our minds to love as He loves, to forgive as we have been forgiven, and to extend grace where judgment once lived.

Second Corinthians 10:5 says, "We are taking every thought captive to the obedience of Christ." To live renewed is to let His truth be the filter through which every thought passes. When lies try to take root, we replace them with the Word. When fear whispers, we respond with faith. This is how the Spirit rewrites our thinking and brings our minds into harmony with our redeemed spirit.

The breath of truth is powerful. It restores clarity, renews perspective, and redefines reality. As our minds align with God's truth, our lives become reflections of His peace. The world around us may shift, but the truth within us remains steady, unmoved, and alive.

## Part III – Living from Redemption, The Breath of Restoration

### *Section 3: Words That Carry Life*

When the Spirit of God restored His breath within us, He also restored the creative power of our words. From the very beginning, words shaped reality. God spoke, and light appeared. He named creation into being, and the universe responded to His voice. That same divine pattern still lives within the breath of every believer.

Proverbs 18:21 says, “Death and life are in the power of the tongue, and those who love it will eat its fruit.” Our words are not small or meaningless. They carry the same breath that once called order out of chaos. What we speak reflects what we believe, and what we believe shapes the world around us.

Jesus said in Matthew 12:34, “For the mouth speaks out of that which fills the heart.” Words reveal the condition of the inner life. When our minds are renewed and our hearts are rooted in truth, our speech begins to echo heaven’s voice. We stop repeating the language of fear, defeat, and lack, and begin to speak the language of faith, hope, and abundance.

Speaking life is not about pretending everything is perfect; it is about agreeing with what is true in the Spirit. When we declare God’s Word, we are not trying to make something happen but aligning ourselves with what has already been done. Our confession becomes cooperation with redemption.

Every promise God made finds its “yes” in Christ, and every believer carries that “amen” through their words. Second Corinthians 1:20 says, “For as many as are the promises of God, in Him they are yes; therefore also through Him is our Amen to the glory of God through us.” When we speak in agreement with His Word, we are releasing that same creative breath into the atmosphere around us.

The tongue can wound or heal, bless or curse, build or destroy. James compares it to a small rudder that steers a great ship. Though tiny, it determines direction. A mind renewed by the Spirit begins to guide speech that builds faith, strengthens others, and releases peace.

Jesus demonstrated this power perfectly. He spoke to storms, and they grew still. He spoke to sickness, and it left. He spoke to death, and life returned. Every word He spoke carried the full weight of divine authority because His words were in complete agreement with the Father.

As His followers, our words carry that same partnership. We are called to speak truth over fear, healing over sickness, peace over conflict, and grace over guilt. When we speak with love and faith, we invite the Spirit to move. When we speak carelessly, we create confusion and harm.

Living from redemption means becoming intentional with the breath we release. The same Spirit that filled our lungs at salvation listens for words that align with His truth. As we yield our tongues to Him, our speech becomes ministry. It comforts, uplifts, and brings light into dark places.

Let your words reflect the breath that gave you life. Speak gently, forgive quickly, and bless freely. The world is already full of noise; what it needs are voices filled with grace and truth. When we speak from the breath within us, our words carry the fragrance of heaven.

Colossians 4:6 says, “Let your speech always be with grace, as though seasoned with salt, so that you will know how you should respond to each person.” Words shaped by grace become instruments of healing. They remind others who they are and reveal the heart of the One who speaks through us.

Every believer carries this gift. The same Spirit who spoke through prophets and apostles still speaks through ordinary people today. Each conversation, prayer, or moment of encouragement can carry eternal weight. Words are seeds, and when spoken in faith, they bear fruit that brings glory to God.

So speak with intention. Breathe life into weary hearts. Let your words echo the same truth that raised Christ from the dead and still raises hearts from despair. This is how we live from redemption: by letting the breath that saved us also speak through us.

## Part III – Living from Redemption, The Breath of Restoration

### *Section 4: Living as Light in a Dark World, Walking in the Authority of the Spirit*

When Jesus restored what Adam lost, He also restored authority. The breath of God within us is not only comfort but commission. It empowers us to live with purpose, to stand firm against darkness, and to carry His light wherever we go.

In the beginning, God gave Adam dominion over the earth. Genesis 1:28 says, “Be fruitful and multiply, and fill the earth, and subdue it; and rule over the fish of the sea and over the birds of the sky and over every living thing that moves on the earth.” This was not domination, but stewardship, the ability to govern creation under God’s direction. When Adam fell, that authority was fractured. Sin entered, and fear replaced confidence. But through Christ, the authority that was lost was returned to its rightful place, within redeemed humanity.

Jesus demonstrated that authority in every word and action. He spoke, and sickness obeyed. He commanded, and demons fled. He rebuked storms, multiplied provision, and raised the dead, all without striving. His authority flowed from perfect union with the Father.

Before He ascended, Jesus passed that same authority to His followers. In Matthew 28:18–19, He said, “All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations.” When He sent the disciples out two by two, He gave them authority over unclean spirits and power to heal. Through His Spirit, that same authority now rests in every believer.

Authority is not about force; it is about alignment. It is not demanding our will but agreeing with His. We do not speak to prove our power, but to release His Word. True authority flows from humility, from knowing who we are and whose breath we carry.

The Spirit within us empowers us to stand where darkness tries to rule. Luke 10:19 declares, “Behold, I have given you authority to walk on snakes and scorpions, and authority over all the power of the enemy, and nothing will injure you.” This promise is not symbolic; it is spiritual reality. The enemy’s influence remains only where believers forget who they are.

We were never meant to fear the darkness but to overcome it with light. When we speak truth in faith, we do what Jesus did, we release light into dark places. John 1:5 says, “The Light shines in the darkness, and the darkness did not comprehend it.” Darkness cannot overcome light; it can only exist where light is absent.

To live with authority is to remember that light is not something we turn on and off, it is who we are. Jesus said in Matthew 5:14, “You are the light of the world.” He did not say to become light, but to *be* light. The more we live in awareness of the Spirit within us, the brighter that light shines.

This authority is not loud or proud. It is steady, peaceful, and unshakable. It does not need to prove itself because it knows its source. We do not fight for victory; we speak from it. Every prayer of faith, every act of love, every word of truth spoken in His name carries the weight of heaven.

When we live as light in a dark world, we become living proof of God’s presence on earth. His authority in us restores what sin tried to destroy, peace, order, and hope. We no longer speak as victims of circumstance but as ambassadors of redemption.

Second Corinthians 5:20 says, “Therefore, we are ambassadors for Christ, as though God were making an appeal through us.” Ambassadors do not carry their own authority; they represent the kingdom that

sent them. In the same way, every believer represents heaven, carrying the message and power of reconciliation to a world still searching for breath.

The enemy's greatest strategy is to make believers forget their authority. But when we remember who we are and walk in unity with the Spirit, fear loses its hold. We become unmovable because the same power that raised Jesus from the dead lives within us.

So stand firm. Speak truth. Walk in peace. You carry the authority of heaven because you carry the breath of its King. When you live from that place, darkness cannot stand before you, and the world around you begins to change.

There are not many breaths within the family of God, but one. The same Spirit who raised Christ from the dead now breathes through all who believe. His life moves through us as one heartbeat, one purpose, one love. Though our voices sound different and our paths may vary, the breath that fills us is the same. It no longer fades as it did after Adam but grows stronger with every heart that awakens. When the weight of sin was broken, the flame could burn freely again. What once dimmed under fear and separation now shines with ever-increasing light. Each act of obedience, each moment of faith, renews and multiplies its power. Perhaps before and even after the flood, humanity sensed what once was and what could be again, yet fear stifled the life they longed for. But now the Spirit's breath moves unhindered, burning brighter as we walk in truth. Together we become a living flame of His presence, carrying the light of redemption into the world.

## Part IV – The Breath of Eternity, The Promise Fulfilled

### *Section 1: The Eternal Breath, Awaiting His Return*

From the first moment God breathed life into Adam to the wind that filled the upper room, the story of creation has been one continuous inhale and exhale of divine purpose. Every breath of the Spirit has carried us toward one promise, the day when heaven and earth will be fully joined again, and the presence of God will dwell with His people forever.

Romans 8:22–23 says, “For we know that the whole creation groans and suffers the pains of childbirth together until now. And not only that, but we ourselves, having the first fruits of the Spirit, even we ourselves groan within ourselves, waiting eagerly for our adoption as sons, the redemption of our body.” This groaning is not despair; it is anticipation. Creation itself feels the pull of eternity, the longing for the fullness of redemption that began when Christ rose from the grave.

The Spirit within us is both a promise and a preview. His presence is the down payment of what is to come, the eternal breath that will never cease. As Ephesians 1:13–14 declares, “Having also believed, you were sealed in Him with the Holy Spirit of promise, who is a first installment of our inheritance, in regard to the redemption of God’s own possession.” Every time we sense His nearness, every moment of peace that passes understanding, is a glimpse of that eternal day.

Jesus promised that He would return, not to start something new but to complete what He began. He is not coming to rebuild a broken world but to restore it fully to its original purpose. The breath of eternity is already moving, preparing hearts, aligning nations, and awakening the Bride to readiness.

When Christ returns, it will not be as a distant King but as the fulfillment of every promise. The same Spirit that once hovered over the waters will fill the heavens with His glory. The same breath that called us to life will call creation into renewal. The separation between heaven and earth will end, and the presence of God will be the air we breathe.

Until that day, the Spirit continues His quiet work of preparation. He refines our hearts, deepens our faith, and stirs our hope. Every act of love, every prayer whispered in faith, every moment of obedience draws us nearer to that final restoration.

The eternal breath does not wait for the end; it is already at work within us. It is the same breath that comforted Noah, strengthened Moses, anointed David, empowered Mary, and filled the disciples with courage. It is the breath of God’s unbroken promise, the same yesterday, today, and forever.

When we live in awareness of that eternal breath, fear loses its grip. Death no longer has the final word. We become people of expectancy, walking with eyes lifted toward the horizon of hope. Our faith becomes the rhythm of heaven’s breath, moving in time with what is already prepared.

This is the promise fulfilled, that we will one day breathe the same air as Eden once held, in the presence of the One who first breathed life into us. Until then, we carry His breath as a living testimony of what is to come.

## Part IV – The Breath of Eternity, The Promise Fulfilled

### *Section 2: The New Heaven and the New Earth, When Breath and Light Become One*

From the beginning, God’s plan was not to abandon creation but to redeem it completely. The same breath that shaped the first world will breathe again into a new one. Every promise spoken through the prophets, every vision of restoration, finds its completion in this moment, when breath and light become one and God dwells fully among His people.

Revelation 21:1–3 says, “Then I saw a new heaven and a new earth; for the first heaven and the first earth passed away... And I heard a loud voice from the throne, saying, ‘Behold, the tabernacle of God is among the people, and He will dwell among them, and they shall be His people, and God Himself will be among them.’”

This is not the end of life but the beginning of life as it was always meant to be. The curse is lifted, and the separation is gone. The light of God will fill every corner of creation, and His breath will move through all things as freely as it did in the garden. The sound of sorrow will fade, replaced by the harmony of eternal joy.

In that renewed world, the presence of God will no longer feel distant or hidden. There will be no temple, for His presence will fill everything. Revelation 21:23 says, “The city has no need of the sun or of the moon to shine on it, for the glory of God has illuminated it, and its lamp is the Lamb.” The same light that first broke the darkness will shine without shadow, and every living soul will walk in its warmth.

The eternal breath will no longer be something we receive in moments of stillness, it will be the very air of eternity. The Spirit that once whispered truth into our hearts will be the song that fills every place. Every heart will be whole, every tear wiped away, every longing fulfilled.

What began with the breath of life in Genesis ends with the breath of eternity in Revelation. It is one unbroken story of creation, the fall, redemption, and restoration, all held together by the love of God that never stopped reaching for His people.

Even now, the Spirit reminds us that this promise is not far away. The breath within us is the same eternal breath that will fill the new creation. Each time we love, forgive, or walk in truth, we carry a spark of that coming reality into the present. We are not waiting for heaven to begin; we are learning to live in its rhythm even now.

Second Peter 3:13 declares, “But according to His promise we are looking for new heavens and a new earth, in which righteousness dwells.” The day will come when righteousness will not only dwell within us but will fill the world around us. Every wound will be healed, every injustice made right, and the knowledge of the Lord will cover the earth as the waters cover the sea.

The new heaven and the new earth will not be foreign or strange but familiar and restored. The trees will clap their hands, the rivers will sing, and creation will exhale in relief as the weight of corruption is lifted forever. The breath of God will once again flow unhindered through all that He made, joining creation and Creator in perfect harmony.

And we, His redeemed, will live in that light, not as strangers, but as sons and daughters finally home.

## Part IV – The Breath of Eternity, The Promise Fulfilled

### *Section 3: The Bride and the Spirit, The Final Invitation*

The story of redemption does not end in silence but with a call. From the beginning, God's Spirit has spoken, and those who listen still hear the same words: "Come." Revelation 22:17 declares, "The Spirit and the Bride say, 'Come.' And let the one who hears say, 'Come.' And let the one who is thirsty come; let the one who desires take the water of life without cost."

The Spirit continues to invite, and so does the Bride, the body of believers awakened by truth and filled with His breath. Together they call out to a weary world that is losing its sense of direction.

Scripture tells us that before the return of Christ, the world will grow darker, yet the light within believers will grow brighter. Daniel 12:4 says, "Many will roam about, and knowledge will increase." Humanity would reach an age of vast understanding yet deep confusion, wisdom without truth. We see this unfolding today through technology, control systems, and voices that promise progress but lead to bondage.

Paul warned in 2 Thessalonians 2:3–4, "Let no one in any way deceive you, for it will not come unless the apostasy comes first, and the man of lawlessness is revealed, the son of destruction, who opposes and exalts himself above every so-called god or object of worship." Many imagine this as one man rising to power, but Scripture also reveals it as a spirit of lawlessness, a system built on deception and pride that rejects the authority of God.

The spirit of antichrist is not new. First John 2:18 reminds us, "Even now many antichrists have appeared." It is not limited to a person but describes any power, government, or system that denies the truth of Christ's lordship and seeks to control rather than free. Its goal is the same as it has always been: to silence truth, to replace faith with fear, and to turn dependence on God into dependence on man.

We see signs of this spirit in every generation, in false peace offered through control, in the blending of truth with deception, and in hearts lulled to sleep by comfort rather than awakened by conviction. Jesus warned in Matthew 24:12, "Because lawlessness is increased, most people's love will grow cold." It is love that keeps the flame alive, and love fades when fear rules.

Many have been told to wait for an escape rather than prepare for endurance. Yet Jesus did not promise that His followers would be removed from trial; He promised to be with them through it. In John 17:15 He prayed, "I do not ask You to take them out of the world, but to keep them from the evil one." The Spirit of God is not preparing a people to flee but a Bride to stand, purified, awake, and filled with light.

The systems of the world may tighten their grip, using fear to shape behavior and control to replace freedom, but the true Church will rise in wisdom. Daniel 11:32 says, "The people who know their God will display strength and take action." Knowing God is the key to standing firm. It is not knowledge of events that sustains us, but intimacy with the One who holds all time in His hands.

The Bride will not be found sleeping when the final trumpet sounds. She will be clothed in righteousness, her lamp filled with oil, her breath steady in the presence of her Bridegroom. Revelation 19:7 declares, "Let us rejoice and be glad and give the glory to Him, for the marriage of the Lamb has come and His bride has made herself ready."

To be ready is to stay awake, to walk in discernment, to guard against deception, and to keep the flame of love alive through obedience. The same Spirit who breathed creation into being now breathes endurance into His people. He gives clarity in confusion, peace in chaos, and courage in the face of fear.

The call still goes out: "*Come.*" It is the voice of the Spirit and the Bride, united as one, calling to all who will listen. It is an invitation to awaken, to breathe again, and to stand firm in the truth that cannot be shaken.

The end is not something to fear but to look toward with hope. For those filled with the breath of God, the end is only the beginning, the moment when time meets eternity, and we see Him face to face.

## A Note on Deception and the Hope That Remains

Many believers have been taught to wait for a sudden escape, an idea that first appeared in the nineteenth century through John Nelson Darby and later spread through the Scofield Reference Bible. Whether people realize it or not, this teaching has shaped much of modern Christianity. Yet Scripture calls us not to avoidance but to endurance. Jesus said in Matthew 24:13, “The one who endures to the end will be saved.” Paul warned in 2 Thessalonians 2 that the coming of the Lord would not happen until rebellion and the revealing of lawlessness first occurred. These passages describe faith that stands, not flight that escapes.

If the antichrist is not a single man but a system of control and deception, then the danger lies not in a figure to fear but in a pattern to recognize. It may present itself as safety, health, or progress while quietly demanding allegiance that belongs only to God. Revelation 13 speaks of a mark that will control buying and selling, a seal of loyalty to that system. Fear will persuade many to accept what feels necessary for survival, and love for family will make that deception harder to resist.

The Word of God leaves no room for compromise. Revelation 14:9–10 warns, “If anyone worships the beast and his image, and receives a mark on his forehead or on his hand, he also will drink of the wine of the wrath of God.” Those who bow to fear and surrender to that system will not be written in the Lamb’s book of life. The issue is not the mark itself but what it represents, trust in the world’s protection instead of faith in God’s provision.

This truth must be spoken, not to spread panic, but to stir holy awareness. The same Spirit who breathed courage into the early believers still strengthens hearts today. When fear rises, faith must answer. Perfect love casts out fear because it anchors us in the One who cannot fail. We overcome not by compromise but by conviction, not by control but by the blood of the Lamb and the word of our testimony.

The world will not be restored by human effort. It waits for the return of Christ, when all things will be made new. Until then, the Spirit calls us to stand firm, to protect the innocent, to resist deception, and to live as light in a darkening age. Evil will not win. Even as darkness deepens, the breath of God grows stronger in His people. Our hope is not in escape but in His unbroken presence that remains with us until the end.

## Part IV – The Breath of Eternity, The Promise Fulfilled

### *Section 4: The Eternal Song, When Every Breath Becomes Worship*

From the first word spoken over creation to the final call of the Spirit and the Bride, all of heaven's story has been leading to one moment. The breath that formed humanity, restored through Christ, and sustained by the Spirit will one day rise in a single unbroken song. It is the song of redemption, the sound of love fully realized.

In that day, worship will not come from effort or emotion but from being. Every breath will be praise, every word will carry peace, and every heart will rest in the light of His glory. The struggle between fear and faith will end, and only love will remain.

Revelation 21:4 says, "He will wipe away every tear from their eyes, and there will no longer be any death, there will no longer be any mourning, or crying, or pain; the first things have passed away." This is the promise of eternity: not escape from life, but life made whole.

In that place, there will be no need for the sun, for the Lamb Himself will be our light. The air will carry the fragrance of grace, and the sound of the redeemed will fill eternity. Every nation, every tongue, every generation that believed will stand together, breathing the same breath that began in Eden and never ceased.

Our worship will not be a song sung to remind us of what He did, but a song that continues what He is still doing, giving life without end. The harmony of heaven will be the sound of unity, creation and Creator breathing together again.

Even now, that song is beginning. It stirs in hearts that have learned to listen, in prayers whispered through tears, in voices that choose praise instead of despair. Every act of love, every word of faith, every moment of surrender adds another note to the eternal melody.

The Spirit within us is already teaching us the rhythm of that song. Each breath we take in His presence prepares us for the day when worship will no longer be something we give but something we are.

When all things are made new, the breath of God will fill the universe once more. Every redeemed heart will join in the anthem that began before time, a song of holiness, joy, and everlasting peace.

Until that day, we breathe, we believe, and we sing. For the Spirit and the Bride still say, "*Come.*"

# Living from Full Redemption

## *A Daily Guide to Awareness*

### **Awakening – Start of Day**

Before you reach for anything else, pause and breathe.

The Spirit that raised Christ from the dead lives in you.

Let that truth fill your first thoughts.

Say quietly, *“Your life is my life.”*

Feel the stillness settle. You are not trying to wake up to the world, the world is awakening to the light within

you.

*Mindset Shift:* You are beginning the day from fullness, not lack.

### **Alignment – Morning Rhythm**

As you move through the morning, keep awareness alive.

Each breath is partnership, not performance.

When worry appears, pause and say, *“I am not ruled by fear. I am alive in Him.”*

When peace returns, smile. That is awareness restored.

*Mindset Shift:* Peace is never gone, it is simply waiting to be noticed again.

### **Communion – Midday Connection**

Take a quiet moment to recognize His presence.

Close your eyes for thirty seconds.

He is already here. You are not summoning Him; you are joining what already is.

Whisper gratitude. Thank Him for sustaining you in ways unseen.

*Mindset Shift:* You are never without Him. You are learning to see Him everywhere.

### **Illumination – Evening Reflection**

As the day fades, let the light within interpret what has passed.

Ask, *“Where did I notice Your presence today? Where did I forget?”*

Bless every moment, the still and the storm.

Write one sentence of gratitude, one truth to carry into tomorrow.

*Mindset Shift:* Each day closes not in loss but in renewal.

## *Living Awake – The Rhythm of Redemption*

Let this awareness shape your words, your rest, and your days.

Interruptions become invitations.

Ordinary tasks become sacred ground.

Before sleep, breathe slowly and say, *“Your life in me continues through the night.”*

Rest in the knowing that you are sustained by the same breath that began creation.

*Mindset Shift:* Redemption is not remembered once a day; it is lived with every breath.

## ***Night Blessing – Breathing Light into the Darkness***

*(To be spoken before rest)*

Breathe in deeply and whisper,

**“Your Spirit is my life.”**

Breathe out gently and say,

**“Your peace surrounds me.”**

Father, as the world grows still, I choose to begin my day with You.

You are light in the darkness and breath in the silence.

While I sleep, let Your Spirit renew my mind and cleanse my thoughts.

Every fear, every worry, every word of death is released.

Only life remains, the life You first breathed into Adam and restored through Christ.

Tonight I rest in the breath of redemption.

My mind receives peace.

My heart receives restoration.

My spirit stays awake to Your presence, even as my body sleeps.

When morning comes, I will rise already filled with Your life.

## ***Morning Declaration – Awakened by the Breath of God***

*(To be spoken upon waking)*

Take three slow breaths.

With each inhale say, **“Your breath fills me, Lord.”**

With each exhale say, **“Your Spirit lives in me.”**

Today I rise in the power of Your breath.

I live by the Spirit that raised Christ from the dead.

Every thought, every word, every step will carry life.

I will speak light where there is darkness, peace where there is fear, and truth where there is confusion.

I am awake to Your presence.

I am filled with Your Spirit.

I am breathing the very breath that formed creation.

This day belongs to You, and so do I.

## Closing Reflection

### *Awaken to Righteousness*

From the first breath in Adam to the final breath that carries us into eternity, God's story has always been about life. His righteousness is not something we strive to earn but something He has already placed within us through Christ. To awaken to righteousness is to awaken to who we have always been in His heart.

The Spirit within us is the breath of that awakening. He reminds us of truth when the world speaks fear, and He calls us to remember that light has already overcome the darkness. Each time we breathe in His presence, we are renewed. Each time we speak His truth, we release life into the world.

We were created to walk with God, to live from His life, and to reflect His love. Though the earth still groans for completion, the redeemed already carry the promise of eternity. The Spirit and the Bride still whisper the same invitation that echoes from the garden to the throne: "*Come.*"

So we breathe, we believe, and we awaken.

The story that began with the breath of God ends with the same breath still moving through us, alive forever.

*“In Him we live, and move, and have our being.”*  
*Acts 17:28*

**What if redemption isn't something we wait for, but the life already within us?**

In *Awake To Righteousness*, Trish Tipton invites readers to rediscover the divine life breathed into humanity from the beginning — a life fully restored through Christ. Drawing from early believers and timeless truth, she reveals how faith was never meant to stop at forgiveness, but to awaken us to wholeness in spirit, soul, and body.

This is more than inspiration — it's an unveiling.

The light you've been waiting for is already here.

Now is the time to live from it.

#### *About the Author*

*Trish Tipton writes from a place of deep faith and spiritual awakening, inviting readers to experience the fullness of life found in Christ. Through her devotionals, teaching guides, and reflective books, she helps others see that redemption is not a distant hope, but a present reality.*

*Her Tried & True brand and collection of writings reflect a life devoted to restoration — of body, soul, and spirit — and a heart determined to help others live awake to the Presence within.*

*Trish lives a life anchored in peace, creativity, and purpose, continually inspired by her family and by the quiet voice of God that still speaks today.*

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