

## GOSPEL MESSAGE

May 24, 2026

DAY OF PENTECOST

Deep Breath

In the world of the Bible, the word *breath* is synonymous with “life.” Breath is necessary for a creature to be considered alive; where there isn’t breath, there isn’t life. Breath from God animates—brings to life—the creature formed from dust, the first human. When Jesus dies on the cross, three of the four gospels describe the moment using the phrase “breathed his last.”

In today’s gospel reading, Jesus appears to the disciples after the resurrection and offers his body to them for inspection. His scarred hands and side reveal that he is, in fact, Jesus, who was crucified. He is not an impostor. The disciples rejoice at the recognition. Next, Jesus breathes on them, a clear physical and symbolic assurance that he is not just a body but a *living* body. The breath that was once spent and gone has returned. He is not reanimated; he is *resurrected*. He has life in him again!

When Jesus breathes on his disciples, he also invites them to receive the Holy Spirit. This moment is extraordinary. Jesus animates the disciples in the same way God animated Adam: by bestowing divine breath, which brings not only physical life but spiritual life as well. Moreover, Jesus reveals that the Holy Spirit he promised to the disciples is, in fact, his own animating Spirit.

The earth-shaking wind of the Spirit at Pentecost is also an intimate breath of life. Through this divine exhale, there is the gift of life—body *and* spirit—and the enduring promise of resurrection.

Spend a few moments today doing some deep breathing as you give thanks for God’s gift of breath and for the Holy Spirit.

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