

A Breath of Fresh Air

This article by Dan Lindsey appeared in the April 1993 addition of God's Special People Magazine.



“The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and wither it goeth: so is everyone that is born of the Spirit.

John 3:8

“And when He had said this, He breathed on them, and saith unto them, Receive ye the Holy Ghost.”

John 20:22

“And when the day of Pentecost was fully come, they were all with one accord in one place.

And suddenly there came a sound from Heaven as of a rushing mighty wind, and it filled the house where they were sitting.”

Acts 2:1-2

A few months ago Stacie, our daughter with cerebral palsy, was diagnosed with bronchiostasis, a disease of the lungs. We had already been clapping her chest and back to loosen the phlegm, as well as using a nebulizer to spray a medicated mist in front of her nose. Now we have an added object—the oxygen tank. We use it in place of the nebulizer machine. This means that what she breathes during these treatments is purer, since the nebulizer just used the air in the room.

Sometimes Stacie acts very tired and apathetic, her breathing becomes somewhat laborer. So, out comes the oxygen tank and the nebulizer medications. In a few moments she is getting a medicated mist of oxygen.



Stacie with the author, her dad

There are times in which we see a marvelous change in Stacie as a result of this therapy—she perks up, her tiredness disappears, and she begins to smile and make sounds. She has a “second wind.”

There are times I get tired, too. Tired of the problems, the financial, physical and emotional stress of a child with very severe disabilities. It is during these times that God reminds me to depend upon Him for strength, and as I yield once again to Him and His will, I find that He gives me a divine “Second-Wind” to go on. This power, of course, is the Holy Spirit, Who Jesus sent when He went back to Heaven. Every Christian has the Holy Spirit, but we are not all equally yielded to Him, nor equally deriving our power for living from Him. But He is the wonderful Wind from God to perk us up, to bring back the smiles and the joy.

To read the Bible and claim its promises, to pray and ask for His help, is to inhale His medicated mist of peace, a breath of fresh, pure air from above.