Keeping your tires properly inflated has many benefits. Your tires will wear evenly, which prolongs their life and can improve your vehicle's fuel economy. When correctly inflated, your tires can perform at their best which means better handling, dependable traction and a more comfortable ride for you.

The Holy Spirit is also represented by wind. In fact, the original Hebrew and Greek words for 'Spirit' can be translated as 'wind.' The wind that appeared on Pentecost (Acts of the Apostles 2:2) was reminiscent of the wind that blew over the waters at the beginning of Creation. (Genesis 1:2) The wind calls attention to the Holy Spirit breathing life into the Church.

Attempting to fulfill a God mission without the power of God is sure to wear you out. Rather, check to make sure your 'air pressure' is what it needs to be. Michael W. Smith wrote a song of worship. The words to the very first verse are:

This is the air I breathe
This is the air I breathe
Your holy presence living in me

When Smith penned this song it was clear that he understood who and whose he was. He understood his desperate need for the breath of God.

Keeping your spirit filled with the proper air pressure also has its benefits. You don't want to be overinflated by thinking to highly of yourself, nor do you want to be underinflated, by thinking to lowly of yourself. When correctly 'inflated' you can cast your cares on God, depend on Him, and allow Him to direct your paths. You will perform your best and enjoy a more comfortable journey! Your attitude will 'wear' evenly, your life will be prolonged and the quality of your life will vastly improve. Invite the Holy Spirit to be the wind that keeps you properly 'inflated.'

We don't want you to experience a flat. Check your understanding periodically. It's not about you. It's about Jesus! The breath in your body and the purpose of your life originate in God for the purpose of giving Him glory!

Take a deep breath. Exhale it as slowly as possible. Read these verses if Scripture out loud. They have been personalized for you.

Lord, I am casting all of my cares, all my anxieties, all my worries, all my concerns, once and for all on You, because You care for me affectionately and cares You care about me watchfully. (1 Peter 5:7 AMP)

Lord, I am going to trust in and rely confidently on You with all my heart and not rely on my own insight or understanding. I'm going to know and acknowledge and recognize You in all my ways confident that You will make my paths straight and smooth removing obstacles that block my way. (Proverbs 3:5-6 AMP)

Take another deep breath. You have life and breath in your body. God is with you. You are ready for the road ahead of you.