## Breath of Peace: Experiencing Jesus' Presence and Empowerment



Explore John 20:21–22 to understand Jesus' gift of peace, presence, and empowerment through the Holy Spirit over seven transformative days.





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#### Introduction

Welcome to a transformative journey through the Gospels, focusing deeply on John 20:21–22, where Jesus breathes peace and the Holy Spirit upon His disciples. In the final moments following His resurrection, Jesus appears to His frightened followers and imparts a unique and intimate blessing: "Peace be with you." Then He breathes on them, symbolizing the giving of the Holy Spirit.

This passage is rich with meaning—peace that surpasses understanding, the tangible presence of Jesus following His resurrection, and an empowerment for mission through the Holy Spirit. Together, these themes invite us to experience how the risen Christ meets us personally, calms our fears, fills us with His Spirit, and sends us forth to continue His work.

Over the next seven days, we will delve into the Gospels to uncover layers of this encounter, drawing from the broader narratives of Jesus' teachings, His resurrection appearances, and the early church's experience. Through Scripture, prayer, and reflection, you will be encouraged to embrace the peace Jesus offers, recognize His abiding presence in your life, and await the empowerment of the Holy Spirit to live boldly in faith.

May this study not only enrich your understanding of the Gospels but also deepen your relationship with our risen Savior—who breathes new life into us each day. Let's embark on this spiritual journey, confident that the same







breath that revived the disciples continues to renew and empower believers today. Peace, presence, and power await as you open your heart to Him!

















#### Your Verse

John 20:21–22 – "Again Jesus said, 'Peace be with you! As the Father has sent me, I am sending you.'"

#### **Supporting Scriptures**

- Philippians 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







#### Devotional: Embracing the Peace Jesus Gives

**Peace amidst turmoil is a precious gift.** In John 20:21–22, Jesus greets His fearful disciples with a word that changes everything: "Peace be with you." This greeting is not a casual hello but an impartation of divine calm and safety after the storm of the crucifixion and uncertainty about the future.

Jesus assures His followers that even though He is sending them into a world that may reject them, they can carry His peace. This peace is not merely absence of conflict but a deep, soul-satisfying tranquility grounded in God's presence.

Reflect on where you experience fear or unrest. How might Jesus' peace be speaking into those spaces? Consider that this peace is a gift—not something we muster on our own but something Jesus imparts personally to each believer. As you meditate today, allow Jesus to displace anxiety with His calming presence, strengthening you for the mission ahead.







## Reflect and Apply

1.	What fears or worries are you carrying right now that need Jesus' peace?
	How does knowing Jesus offers peace empower you to face daily challenges?
3.	In what ways can you share this peace with others around you?







### **Journaling Prompts**

1.	Write about a time when you felt Jesus' peace in a difficult situation.
2.	Describe areas in your life where you need to receive His peace anew.
3.	Reflect on how you can actively extend Jesus' peace to someone this week.







#### **Prayer for Today**

**Lord Jesus, thank You for gifting me Your perfect peace that calms all my fears.** Help me to rest in Your presence even when life is uncertain. May Your peace guard my heart and mind, and empower me to bring calm and hope to others around me. Fill me anew with Your Spirit to walk boldly in Your mission. In Your precious name, Amen. 😂 🙏 💸

















#### Your Verse

Matthew 28:20 - "And surely I am with you always, to the very end of the age."

#### **Supporting Scriptures**

- Hebrews 13:5 "Never will I leave you; never will I forsake you."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







#### Devotional: Living with Jesus' Constant Presence

Jesus' promise to be with us forever is a foundation of faith. After His resurrection, He reassured His disciples that He would not abandon them but remain present through the Holy Spirit. This presence is not abstract; it is intimate and sustaining.

When Jesus breathed on His disciples in John 20:22, He was imparting a tangible sense of His ongoing presence. Even when physically absent, He ensures we are never alone. This reality transforms our walk with God from one of distance to constant companionship.

In moments of loneliness or uncertainty, lean into the truth of Jesus' promise. His presence is your refuge and strength. Remember, the same Spirit who filled the disciples breathes in you today, guiding, comforting, and empowering.







### Reflect and Apply

	How does knowing Jesus is always with you change your perspective on challenges?
•	
2.	What barriers might you face in recognizing His presence daily?
3.	How can you cultivate a deeper awareness of God's nearness in your life?







### **Journaling Prompts**

1.	Journal about a time you felt God's presence during a difficult season.
2.	List ways you can remind yourself of Jesus' presence throughout your day.
3.	Write a prayer asking God to help you sense His nearness more clearly.







#### Prayer for Today

**Dear Jesus, thank You for Your unfailing presence.** When I feel alone or overwhelmed, remind me that You are near, my refuge and my strength. Help me to sense Your guidance and comfort each day. May Your Spirit within me warm my heart and lead my steps. Amen. �� • 🛴

















Day 3: 6 Empowered by the Holy Spirit

#### Your Verse

Acts 1:8 - "But you will receive power when the Holy Spirit comes on you; and you will be my witnesses."

#### **Supporting Scriptures**

- John 14:26 "But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things."
- Romans 8:11 "The Spirit of him who raised Jesus from the dead lives in you."







Day 3: 6 Empowered by the Holy Spirit

#### Devotional: Receiving the Holy Spirit's Power Today

Jesus breathes on His disciples and says, 'Receive the Holy Spirit.' This moment marks the giving of Spirit-empowerment essential for the mission ahead. The Holy Spirit gifts believers with courage, wisdom, and supernatural strength to witness faithfully.

The promise from Acts 1:8 continues this theme, highlighting that this empowerment is for the purpose of testimony—sharing Jesus' love and truth with boldness.

Consider how the Spirit is working in your life today. Are you open to His teaching and guidance? Are you ready to step out in faith empowered to live God's purposes? The same Spirit who raised Jesus to life makes you alive and equips you for every good work.







Day 3: 🖰 Empowered by the Holy Spirit

## Reflect and Apply

1.	In what areas do you need the Holy Spirit's empowerment most?
2.	How can you cultivate openness to the Spirit's teaching and guidance?
3.	What steps can you take to be a bold witness of Christ in your context?







Day 3: 🖰 Empowered by the Holy Spirit

### **Journaling Prompts**

1.	Write about your experiences with the Holy Spirit's power in your life.
2.	Identify fears or obstacles that may be hindering Spirit-led boldness.
3.	Pray for a fresh filling of the Holy Spirit and record your hopes.







Day 3: 6 Empowered by the Holy Spirit

#### Prayer for Today

Holy Spirit, fill me afresh with Your power and presence. Teach me, guide me, and give me courage to be a faithful witness of Jesus. Empower me to live boldly and serve wholeheartedly for Your glory. In Your mighty name, Amen.

















#### Your Verse

Luke 24:36–39 – "Peace be with you," he said. "Why are you troubled?" He showed them his hands and feet."

#### **Supporting Scriptures**

- John 20:27 "Put your finger here; see my hands. Reach out your hand and put it into my side."
- 1 Corinthians 15:6 "He appeared to more than five hundred of the brothers and sisters at the same time."







#### Devotional: Encountering the Risen Christ

The resurrection appearances of Jesus validate His victory and promise. The peaceful greeting and showing of His wounds reassure the disciples that He is indeed alive and has conquered death. This physical presence provides solid hope and assurance for believers throughout history.

These moments of encounter emphasize both peace and reality—peace that calms fears, and reality that transforms doubt into faith.

Reflect today on how Jesus meets you personally through Scripture, prayer, and community. His risen presence brings hope that overcomes despair and empowers us to live confidently as witnesses of resurrection life.







## Reflect and Apply

How does the reality of Jesus' resurrection affect your daily faith?
Where do you need to invite Jesus to dispel doubt or fear in your heart?
How can you share the hope of resurrection with others?







### **Journaling Prompts**

Describe how Jesus' resurrection appearances inspire your trust in Him.
Write about ways Jesus has revealed His presence to you recently.
Journal a prayer of gratitude for Jesus' victory over death.







#### Prayer for Today

**Risen Lord, thank You for Your life-giving presence.** Help me to experience the peace You gave the disciples, to see Your truth in my life, and to share the hope of resurrection with boldness. Strengthen my faith and fill me with joy today. Amen.  $\square$ 

















#### Your Verse

John 20:21 - "As the Father has sent me, I am sending you."

#### **Supporting Scriptures**

- Matthew 28:19 "Therefore go and make disciples of all nations."
- 2 Corinthians 5:20 "We are therefore Christ's ambassadors."







#### Devotional: Embracing Your Mission as Sent by Jesus

**Being sent echoes Jesus' mission and ours.** When He breathes on the disciples and commissions them, He sets them—and us—on a path of purpose. This mission is rooted in His peace, presence, and Spirit empowerment.

Being sent is both a calling and a privilege. It means stepping beyond comfort zones, living as representatives of Christ's kingdom. Jesus models servant leadership and sends us to extend His love and truth.

Consider how you are currently engaged in this mission. Are you aware of being sent daily as an ambassador? Pray for clarity, courage, and compassionate boldness to fulfill this calling wherever God places you.







## Reflect and Apply

1.	What does being 'sent' by Jesus mean to you personally?
2.	How can you better embody Christ's heart in your mission today?
3.	What steps can you take to engage more actively in His work around you?







### **Journaling Prompts**

1.	Identify ways you currently live out God's mission in your life.
2.	Write about fears or challenges you face as you live 'sent.'
3.	Pray for guidance and courage to step boldly into your calling.







#### Prayer for Today

Lord Jesus, thank You for sending me with Your purpose and power. Help me to embrace this mission fully, living as Your ambassador with boldness and grace. Guide my steps and fill me with compassion to reflect Your love to those around me. Amen. \*

















#### Your Verse

John 20:22 - "And with that he breathed on them and said, 'Receive the Holy Spirit."

#### **Supporting Scriptures**

- Ezekiel 37:9 "Come, breath, from the four winds and breathe into these slain, that they may live."
- 2 Timothy 3:16 "All Scripture is God-breathed and is useful for teaching."







#### Devotional: Receiving Jesus' Life-Giving Breath

The breath of Jesus symbolizes restoration and new life. Just as God breathed life into Adam, Jesus' breath upon the disciples signals spiritual resurrection and empowerment.

This breath is the Holy Spirit who renews, transforms, and equips believers. It brings vitality where there was weakness or fear.

Reflect on areas where you need fresh life or renewal. Invite Jesus to breathe upon those dry places and experience His Spirit bringing restoration and strength.







## Reflect and Apply

1.	What dry or weary areas in your life need the breath of the Holy Spirit?
2.	How have you experienced spiritual renewal through God's breath before?
3.	What does it mean to you to be 'breathed on' by Jesus?







#### **Journaling Prompts**

1.	. Write about a moment when you felt spiritually renewed by God.
2.	. Identify personal areas longing for God's restoring breath.
3.	. Pray inviting the Holy Spirit to breathe new life into your heart.







#### Prayer for Today

















Day 7: 🖰 Living Empowered and at Peace

#### Your Verse

Galatians 5:22–23 – "But the fruit of the Spirit is love, joy, peace, forbearance..."

#### **Supporting Scriptures**

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- 2 Corinthians 3:18 "We are being transformed into His likeness with ever-increasing glory."







Day 7: 🖰 Living Empowered and at Peace

#### Devotional: Walking Daily in Peace and Power

**The journey of peace, presence, and empowerment is ongoing.** The Holy Spirit nurtures fruit in our lives that reflects God's character: love, joy, peace, patience, kindness, and more.

Living empowered means daily surrender to the Spirit's work, continually receiving Jesus' peace amidst life's fluctuations.

As you conclude this study, reflect on how you can live rooted in the Spirit's fruit, carrying Jesus' peace in your heart and empowering others by your witness.







Day 7: 🔥 Living Empowered and at Peace

## Reflect and Apply

1.	Which fruit of the Spirit do you long to see grow more in your life?
	How can you practically live out Jesus' peace and empowerment this week?
3.	What challenges might you face, and how will you lean on God's Spirit?







Day 7: 🔥 Living Empowered and at Peace

### **Journaling Prompts**

1.	Write about ways you see the fruit of the Spirit in your life presently.
2.	Set spiritual goals to cultivate more of God's peace and power.
3.	Pray asking God to help you walk empowered as His witness daily.







Day 7: 🖰 Living Empowered and at Peace

#### Prayer for Today

Holy Spirit, cultivate Your fruit in me each day. Help me to live in peace, love, and power so that my life reflects Jesus. Sustain me as I continue to grow and share Your blessings with others. Amen. 6 # 💢 📞







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