

CELEBRATIONS AIR

In our series on CELEBRATIONS after sharing the material related to the topic, we have a list of questions that we think you may find useful and practical to aid you on your Journey to WHOLENESS.

Find a quiet moment when you can go through these and write down your responses so you can review any thoughts you have that could lead to positive decisions for CELEBRATIONS.

LIFE APPLICATION QUESTIONS

Please focus on some life application questions regarding AIR. Also review them carefully so that you have time to consider the questions and then to apply what you are learning to your life. Please write your responses down for future reference.

What choices can I make that will help reduce global air pollution?

Does the use of my car, electricity, and other energy sources make a difference?

Do I have access to any forums in which I could participate to advocate for cleaner air, such as the prevention of smoking in public places?

What has the Creator provided in nature to promote cleaning of the air?

Could I opt to plant some of these on my own property or in public parks and other community areas?

What comes to mind when I consider the wonderful way in which carbon dioxide is continuously removed from the air and oxygen is produced to sustain my life?

What is my response to my Creator as I consider the finely tuned mechanism that causes me to breathe at the rate and depth that supply me with the sufficient amount of oxygen?

How can I ensure that I am making full use of the 3,500 cubic centimetres of air space in my lungs that doesn't get used when I'm doing quiet breathing?

What is "diaphragmatic breathing"?

How can I exercise in a way that forces extra breathing?

On his way to work each morning, Samuel passes a street corner where day labourers wait for someone to give them employment. He noticed that most of them smoke or chew tobacco.

In what ways could he help them to recognise the health dangers of tobacco?

Would organising smoking-cessation programmes at his church and inviting them be beneficial?

What effect would distributing brochures or pamphlets on the dangers of smoking have?

Julia yawns a lot after sitting for a long time. Could it be that she is not breathing well because she's too sedentary?

What improvements could be made to her posture while sitting and walking?

How much would one have to move around every half hour to help?