

Thin Air

Eating correct is important!

Drinking pure water correct is
important!

More important is breathing pure
air!

But do we get enough?

Percentage of Air at Altitude

- 0 100%
- 1,000 96%
- 2,000 92%
- 3,000 88%
- 4,000 85%
- 5,000 81%
- 6,000 78%
- 7,000 75%
- 8,000 72%
- 9,000 69%
- 10,000 66%
- 11,000 64%
- 12,000 61%
- 13,000 59%
- 14,000 56%
- 15,000 54%
- 16,000 52%
- 17,000 50%
- 18,000 48%
- 19,000 46%
- 20,000 44%
- 26,000 28% The Death Zone

The Holy Spirit literally translated is

Holy wind or holy air

We all need the Holy Spirit. Our ministers need it. Our medical and educational institutions and our churches need it. We need a thorough, living experience in the work of the Lord. (*Sermons and Talks*, bk, I, p. 392)

Prayer is the breath of the soul. It is the secret of spiritual power. No other means of grace can be substituted and the health of the soul be preserved. Prayer brings the heart into immediate contact with the Wellspring of life, and strengthens the sinew and muscle of the religious experience. Neglect the exercise of prayer, or engage in prayer spasmodically, now and then, as seems convenient, and you lose your hold on God. (*Messages to Young People*, pp. 249, 250)