

Exhale and Inhale

#0044

Study Given by W. D. Frazee—October 12, 1979

I have something a little different to share with you for a few minutes just now. Quite a number of letters, mimeographed sheets, magazines, and books come to my desk. But one came to me this last week that I am especially interested in, called *Wildwood Echoes*, a journal of healthful living. And the very front page of the article is, "Why is fresh air fresh?" By Dr. Bernell Baldwin.

I read every word in it, and I was so impressed with it that I couldn't think of anything more important tonight than to have us take a look at some of the facts in it and there spiritual implications and applications.

You know that the same principles run through the natural and the spiritual world, don't you? You know we have been told that prayer is the breath of the soul. Prayer is the breath of the soul.

"Prayer is the breath of the soul" *Gospel Workers*, 1915 edition, page 254.

If you want a Bible text for our study tonight, it is Genesis 2:7.

"And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul" Genesis 2:7.

Thank God, friends! You and I are more interested in the state of the living than we are the state of the dead, aren't we? Yes. The state of the living includes an appreciation of and participation in this plan that God has made to breathe, to breathe in, and through our nostrils the what? Breath of life.

Dr. Baldwin, would you come up and help me little? Now I told Dr. Baldwin I was going to call on him, but we didn't rehearse anything. I am going to ask him some questions, and he's going to help me.

First of all, I wish you would tell us why air is the breath of life.

[Dr. Bernell Baldwin]

Without it, we would die.

[W. D. Frazee]

All right. What does it have in it that keeps us alive?

[Dr. Bernell Baldwin]

It has oxygen in it. This keeps us alive.

[W. D. Frazee]

Now what is it that your fine article is expressing that makes fresh air fresh? Fill us in a little on that because most of us here tonight haven't seen your article yet.

[Dr. Bernell Baldwin]

What's new about fresh air is that Dr. Coker at the University of California at Berkeley has shown that pure fresh air has one molecule of ionized oxygen for each twelve billion of ordinary oxygen. And each ion, this negatively charged oxygen ion, will change the entire body.

[W. D. Frazee]

Well, what happens in a room where they don't get enough circulation of air?

[Dr. Bernell Baldwin]

First, the little fingers inside the lung called cilia slow down, and they may even stop, and then the blood gets weak and sickly, and the brain gets out of kilter a bit.

[W. D. Frazee]

Now what's this about electricity? I notice that you have at the bottom of your article, "Air is the free blessing of heaven calculated to electrify the whole system" from Ellen G. White over a hundred years ago. If you'd like the reference for that, it's Volume 1 page 701.

[Dr. Bernell Baldwin]

Russian research has shown that if you take two dogs and hook them up so that the circulation from one goes to both, called a cross circulation experiment, if you give pure fresh air with those ions in one dog, then the blood of both dogs becomes electrified.

[W. D. Frazee]

Literally?

[Dr. Bernell Baldwin]

Yes. Literally. Measurably.

[W. D. Frazee]

And what good does that do?

[Dr. Bernell Baldwin]

Well, that changes the cells, and it changes the brain, and it changes the lungs of both animals. So if you can't get fresh air with your cells, you should be joined up with somebody who does.

[Audience laughter]

[W. D. Frazee]

Now listen, brother, I got interested, especially in something in the middle of your article about old rats. Can you imagine why that interested me? I'll read you what the introduction says, and then I want him to elaborate on it. They discovered in a laboratory experiment in Florida something about ionized air and old rats, and their learning is affected by whether they get this fresh air with these ions. Tell me more about it because I want to know.

[Dr. Bernell Baldwin]

Here is what they did. They made a maze with 14 decision points, and they would put the rat in the water, and the rat had to swim up these alleys and turn, and back and forth, and round and round and learn, 14 different maneuvers in order to get out of the water. They found and proved, and is since then confirmed that if the air is fresh like from nature outside, why, they are twice as bright and make one-third the errors.

[W. D. Frazee]

You mean the old rats?

[Dr. Bernell Baldwin]

Yes, the old ones. Like us.

[W. D. Frazee]

Thank you. Well, that interested me. When I study the Bible, I want to learn all I can from it, don't you? And when I study science, physiology and all the other things, I want to learn just as fast as I can and just as much as I can. And if even a rat can learn twice as fast when he has fresh air, that's an incentive to me. What do you say?

[Dr. Bernell Baldwin]

Incidentally, they found ten times as many ions in outdoor fresh air as are found in an ordinary research laboratory.

[W. D. Frazee]

Think of it. Now help me a little on this matter of the influence of the trees on the ions in the fresh air. Let me read a reference on that.

“There are life-giving properties in the balsam of the pine, in the fragrance of the cedar and the fir, and other trees also have properties that are health restoring” *Ministry of Healing*, page 264.

Life-giving properties. Help us understand that.

[Dr. Bernell Baldwin]

Part of this is the following: Without trees, the finest ions escape from the earth. With trees, those precious negative ions come down where we can breathe them in with our own nostrils. So when Sister White says that in the future, we will breathe in immortal vigor underneath the tree of life, it is right on God's track.

[W. D. Frazee]

Now, Brother, tell me, what can we do as the days get shorter and the weather gets cooler, what can we do to be sure that we have fresh air in our homes and in our sleeping compartments. We ought to know that without you telling us, but some of us need to be told.

[Dr. Bernell Baldwin]

Old-fashioned houses, even when closed, will repaint the air every two and a half hours. Newer houses that are sealed will not do this. In a modern house that is sealed, the air can get so stale that people will have enough oxygen to criticize, but not enough to find Jesus.

[W. D. Frazee]

Do I understand you right that proper ventilation means a place for good air to get in and someplace for bad air to get out?

[Dr. Bernell Baldwin]

Yes. Yes. Now for public consumption, we did not put it in this article and shouldn't have, but we have straight documentation from the volumes that once breathed air is poisoned.

[A comment is made from the audience.]

[Dr. Bernell Baldwin]

Oh yes, tobacco plants will not do that. Aren't we thankful that God has given us such insight and such wonderful ways that we can help our bodies to get ready, and such beautiful parallels of this spiritual matter? I think it's a fine day to be alive.

[W. D. Frazee]

Thank you. Thank you so much. Now a few thoughts on this spiritual application. Prayer is what did we quote? The breath of the soul. May I suggest that breathing is in a way, a very simple process. We breathe out and we breathe in, we breathe out and we breathe in. This is what we do physically.

Spiritually, I suggest that in prayer, God wants us to breathe out every care, every confession of sin, every bit of a load of guilt, every worry, every concern, every desire of our hearts, breathe out to Him—that's prayer. But it's only half of prayer. We're not only to give all, but we're to take all. We're not only to speak, but we're to listen. We're not only to tell God our problems, but we're also to listen to His solutions.

And may I suggest, and here is the thought that's been blessing me since I got hold of this article by Dr. Baldwin just as in breathing, we get better air around the trees than we do in the smog-filled cities, so our prayer experience is increased in its sufficiency and its blessings as we take the leaves from the tree of life found in this wonderful Book.

Oh, my dear friends, you and I in prayer need to be sure that we are mixing Bible study with prayer. I recommend to you if you haven't yet found the joy of it spending at least part of your prayer time kneeling down by your bed, or your chair, or in some other place, and finding a *promise*. In *the Ministry of Healing*, page 122 says that every promise is a leaf from the tree of life. And get the life-giving ionized oxygen from that promise and you'll *pray* better than you ever did before.

There's another lesson, and that's this dear friends—exercise increases the need for breathing, and this increases the incentive for breathing. In fact, if you exercise vigorously, you can't help but breathe more. Am I correct?

You know what exercise is on the spiritual side, don't you? It is soul-winning. And so we have this fine statement in *Steps to Christ*.

"If you will go to work as Christ designs that His disciples shall, and win souls for Him, you will feel the need of a deeper experience and a greater knowledge in divine things and will hunger and thirst after righteousness. You will plead with God, and your faith will be strengthened, and your soul will drink deeper drafts at the well of salvation. Encountering opposition and trials will drive you to the Bible and prayer. You will grow in grace and the knowledge of Christ, and will develop a rich experience" *Steps to Christ*, page 80.

That's the way that you develop a rich deep experience in the things of God.

All right, now what is the breath of the soul? Prayer is the breath of the soul. And breathing includes what operations? Breathing out and breathing in. The breathing out is casting all our needs, our cares, our burdens, our concerns, as well

as our praises and thanksgiving bringing them all to the Lord. It's what we bring to the Lord.

But what's the other part of prayer? God communicating to us through His Word and through His Holy Spirit witnessing to our hearts. Oh dear ones, let's breathe both ways, what do you say? You all know that it's impossible to just breathe out or just breathe in normally, or in any other way, in the physical. It's impossible. And so in our prayer experience, let us pray, shall I say, back and forth. It's a two-way experience. Talking to God and letting Him talk to us. And remember, the lions are better under the trees. And in the Bible, we have the tree of life whose leaves are for the healing of the nations.

And what is it that increases the depth of respiration? Exercise. And what is the exercise in spiritual life? Soul-winning. I hope every one of you has a prayer list as I've talked with you about from time to time. If you haven't, start one tonight. Ask God to give you one name to pray for. You say one is not enough for me, *start* with one. Add others as the Lord impresses your heart, but keep praying day after day for those souls. And remember, God's great purpose in burdening your heart in prayer as you plead for those souls is that He may work changes in your *own* life, and that He may impress you with what He has for you to do to help them.

Aren't we glad for these lessons from nature? Thank you, Dr. Baldwin, for that fine article and for your witness tonight.

[Congregation sings "What a Friend We Have in Jesus."]

I want to remind you of this. The relations between God and each soul are as distinct and full as though there were not another soul upon the earth. Nobody else can breathe for you. Jesus has arranged a personal experience for you in fellowship with Him. Oh let's enter into it personally, what do you say?

Will the congregation kneel with us as we go to the Lord in prayer?

Dear Father, we join together in these earnest requests, and we know that Jesus, our loving Savior and Great High Priest, takes these prayers and presents them to Thee as His own desire. Our heart is encouraged as by faith, we see the smoking censor and the sprinkled blood there at the mercy seat. And so Lord here the prayer of every longing heart tonight, grant the desire of every hungry and thirsty soul. May every one that has been seeking Thee here tonight go home with his heart filled with Thy blessing. We ask it in Jesus' wonderful name, amen.

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