

## Daily Oxygen

### Description

[RG AUDIO 073011](#)

1 Corinthians 10:1-13

As the airliner ascends, you can hear a baby crying. It is the air pressure in the cabin. Without pressurized cabins an airliner would have to fly below 14,000 feet. At low altitudes jet engines are not efficient. If the aircraft were not pressurized, passengers would have to wear oxygen masks.

The baby cries as the pressure in her head is equalized with the cabin. In our daily spiritual life, the Holy Spirit equalizes the spiritual force within us so we can face the temptations that come our way. As the airliner is pressurized to enable life at high altitudes, so God has given us a Helper so that we can live victorious over sin. In our trials, God makes us adequate for the task.

At 37,000 feet we cannot live without oxygen. Spiritual life requires the Spirit's aid. In this world there is no victory over sin without Christ. We don't want to be without spiritual oxygen when life decompresses. Abide in him for "he will not let you be tempted beyond what you can bear."

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