

## **A.B. Simpson – I am breathing out my sorrow**

Your Mom, \_\_\_\_\_, asked me to pass on to you the history behind "I am breathing out my sickness , breathing out my sin....."

The hymn was written by A.B. Simpson, who lived in America in the 1800's.

At the age of 35 he was told by doctors that he only had a few months to live, due to a respiratory ailment. They told him to prepare his family of wife and five children for his inevitable soon departure.

He spent the next few months asking the Lord if He really wanted to take him now. Simpson felt that they Lord had more work for him to do on earth, and so began to seek for healing. This was at the very beginning of the Pentecostal movement, and some were having genuine and miraculous instant healing.

But this never happened to Simpson, and he grew more desperate.

Then he learned how to breathe in the Lord, and to draw life from the Lord Spirit. In fact, he began to practice having a time every morning to breathe in the Spirit and receive the life supply for his spirit, soul, and body.

Simpson testified that he was never "once for all" healed. His symptoms would return daily, forcing him to go to the Lord in a moment-by-moment way to breathe in life for his whole being. He was DAILY healed, and lived to the age of 70.

At the end of his life, he testified that he lived the first half of his life by his own energy and strength, and that he lived the second half of his life in resurrection life!