

## Our Part in this Love Relationship - How to begin purposefully receiving God's love by Connecting with the Holy Spirit

- **Confess your sin** - 1 John 1:9. **Surrender** guilt, shame, unbelief and fear. **Exchange** for love, joy, life and truth!
- **Soaking Prayer** - Set aside time for soaking prayer several times a week. This is a time where you purposefully come to sit in the Father's Presence with one purpose... **to listen!** Don't talk, don't pray or think. Just listen. Ask the Holy Spirit to visit with you and reveal Himself to you. Start with 10 min.
- **Soak in His truth** to renew the attitude of your mind until knowing and experiencing God's love for you becomes a reality of your thinking. Try something different this week in your devotional time. Read these passages by soaking in them and truly meditating on them. Rather than analyzing or thinking about the passage, simply let yourself soak in it. There is no need to do anything with the words you read. Instead let them do something to you. Just allow the words to turn over in your mind and wash over your heart as you receive the Father's love for you. You may want to write down what He shows you or reveals to you.
  - Day One - Psalm 23
  - Day Two - Psalm 91
  - Day Three - Psalm 131; Isaiah 49:8-16
  - Day Four - Isaiah 43
  - Day Five - Hosea 11:1-4; Psalm 103:1-5
  - Day Six - Matthew 19:13-15 (Picture yourself coming to Jesus as one of those little children. Crawl up on His knee and feel His touch as He lays His hands on you to love and bless you.)
  - Day Seven - Romans 8:31-39
- **Make Connection with the Holy Spirit from your new nature.**
  - Get in a quite place, close your eyes and ask out loud: "Holy Spirit come and meet with me."
  - Picture Jesus and enter into His Presence (this is making contact with Him).
  - Ask Him what you need to know... "Holy Spirit, please reveal to me \_\_\_\_\_".  
See below suggestions to practice and let the Holy Spirit begin to flow with spontaneous thoughts. Record what you sense, hear, feel or know. Whatever comes to your mind **IS** God speaking to you through the Holy Spirit. Receive Him by faith and do not doubt or this will cut off the flow of the Spirit within you. Record your experience in your prayer journal and go to the Word to find Scripture that affirms what He is saying to you. The goal is to experience His Presence. This is the beginning practice of Abiding in Him.

**Practice by asking any of these:** "Holy Spirit, please reveal to me \_\_\_\_\_"

- What do you want to say to me?
- What do I need to know right now?
- **How do you feel about me?**
- **How do you want me to feel about myself?**
- What memory do you want to heal?
- What sin do you want to deal with?
- Your overwhelming, unmistakable presence.

Practice, practice, practice!