

# How to Soak in God's Presence



***Begin by soaking in God's presence for at least twenty minutes. Do it daily, and watch what happens!***

In November of 2006, we had a month-long 24/7 House of Prayer in southern Spain. Soaking prayer became a favorite for many individuals. It changed the lives of those who learned to soak in God's presence. Try it now through the personal application exercise that follows. I guarantee that soaking prayer will have a transforming effect on your life as well.

Find a place without any distractions, put on some quiet music, get a journal or pen and paper, and get into a comfortable position. You may even want to lie on the floor. A peaceful environment helps you become peaceful on the inside.

- **Listen to worship music** - You may want to use quiet instrumental or vocal worship music. So much good soaking music is readily available.
- **Invite the Holy Spirit to come and soak you in His presence** - Surrender your mind, body, and soul in prayer to the Holy Spirit. Humble yourself before Him. You are learning to wait upon Him. Focus on the Lord's presence. Open your heart to God. You are learning to abide in Him. You are learning to focus on Him and His presence. Wait for your thoughts to settle down. Rest in faith and believe that God is working within you. It isn't about what you can accomplish through your efforts; it's about what God is doing in you. Write down any thoughts He may give you. Listen carefully to His voice.
- **Give time to soaking in God's presence** - The more time you can spend in His presence, the better. Start with twenty minutes. In a very short time, you will find that you want to spend more time in His presence.
- **How to help others soak in God's presence** - Get together with an individual or a group of people. Meet in a quiet place without distractions, and share this before starting. Put on quiet worship music, have each person get into a comfortable position, and pray the following prayer together. Invite the Holy Spirit to come and soak each of you in His presence, and spend twenty minutes soaking in stillness before the Lord. Come together as a group and have a time of personal sharing of what the Lord was saying and what each person was

experiencing and learning. Encourage each to make this a personal part of everyday life, and then close in prayer.

## **My Prayer to God**

Lord, teach me the secret of waiting upon You. Help me realize that this is key to effective prayer. Remove from my life anything unnecessary, and teach me to wait patiently before You. Quiet my active thoughts and help me soak in Your presence. I invite Your Holy Spirit to speak to me. I surrender my mind, body, and soul to You. Help me focus on You alone. Help me believe that You want to speak to me. Help me discipline myself to spend time in Your presence and be still on a daily basis. I want to know Your will by listening to You. Teach me to hear Your voice by examining everything carefully and keeping a prayer journal of what You are saying to me. I believe that as I soak in Your presence, Your life will flow through me to others. Thank You for teaching me to abide in You. I choose to be still and know that You are God [see Psalm 46:10]. I come before You with expectation. In Jesus' name, amen.

***“Soaking is a dedication: ‘God, this is time just for You.’ Soaking is an invitation: ‘God, do what You want to in me.’ Soaking is an expectation: ‘Thank You, Father, for what You are accomplishing as I rest in You.’ We come to Him like little children believing that He has good things for us. ‘If you then know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to them that ask Him.’” Catch the Fire Ministries***

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