

# Soaking in God's Presence



***“Jesus says, ‘ask and you will receive.’ We’re very good at the asking part but how about the ‘receiving?’ If we are the ones who are doing all the talking, it’s a pretty one-way conversation. Soaking is the listening part of our conversation with Him. It’s laying aside time to lie down and receive from Him.” Catch the Fire Ministries***

The busyness of everyday life takes a huge amount of energy. Even a normal routine can be quite taxing. But why not add something to your schedule that will actually reenergize your life and lead you into a deeper dimension with God? If you integrate this into your life, it will be one of the greatest blessings you can possibly imagine. It’s simple, and it doesn’t cost anything except your time. And your time actually will increase as you learn to listen to God in this special way because you will eliminate unnecessary things from your schedule.

***What am I talking about?***

***The blessing I am describing is called soaking in God’s presence.***

The word “soak” means to drench, to wet thoroughly, to enter into the pores, and to be steeped in a fluid. Soaking in God’s presence is drenching oneself with God, being with Him, letting Him enter our entire life, and saturating ourselves with His presence through stillness, rest, and worship. A wonderful transformation occurs as we do this.

Those who practice soaking prayer find joy in their lives. It’s a time to lay your burdens at the feet of Jesus. It’s a time to find rest for your soul - to be still and know that He is God. It may take a little effort to quiet your racing thoughts, but it’s well worth the effort. Let Him lead you beside still waters. Jesus says in Matthew 11:28-30:

***“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”***

So often we carry heavy burdens that God never intended for us to carry. God's burden is light. I have personally found that soaking in God's presence relaxes me more than anything else. It is where I have learned to exchange the heavy weight of everyday responsibilities for the joy and peace of God's strength. God is the one who makes me lie down in green pastures and leads me beside still waters. He is the one who restores my soul (see Psalm 23:2-3).

We all need to learn how to quiet our busy thoughts. God can help us turn our attention upon Him. Initially your thoughts can be racing all over, but know that the Lord is with you. Similar to the traditional practice of contemplative prayer, in soaking prayer you wait for your thoughts to settle. You come with nothing to do except sit or lie in God's presence. You are learning to focus on Jesus. When your mind wanders, you learn to bring it back. As you renew your mind and spirit, you will experience a greater peace. You will see things more clearly from God's perspective.

After soaking in God's presence, you will leave refreshed and full of the Holy Spirit. You will experience greater fruitfulness, and others will notice the difference. Your life will be transformed. You are learning a new dimension of walking in His Spirit. Instead of your striving to achieve things for God, He will be flowing through you. As a result, you will have an impact on the world around you; you'll carry God's presence with you wherever you go. Others will be touched by the power of God.

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