Guide to Soaking in God's Presence

What Is "Soaking"?

Soaking is positioning yourself before God to experience His love for you and to give your love to Him. Like any good relationship it is a two-way street of both giving and receiving. We are doing this to deepen our relationship with the Lord so that we can be more like Him in this world. The most valuable thing we have now and take with us into heaven is our relationship with the Lord.

Soaking is all about giving Him the very thing our society robs from us of "our time". Soaking is intimate time spent with the Lord. It's you and I enjoying just being (not doing) with Him. It's about returning to our first love by putting to one side our needs and putting Him first. There's a deep need in every one of us to be close to God. Experiencing God is something to be sought after.

While it involves listening for the still small voice, it is more than that. It means allowing yourself enough time to be immersed in the tangible presence of God. It is really the fulfilment of the first commandment, "To love the Lord with ALL your heart, with all your soul and with all your mind." (Matthew 22:37)

During previous revivals people referred to it as "**waiting on the Lord**" or "**tarrying**" as they lingered expecting God's revival blessings. Although "soaking" includes waiting on the Lord, in this present move of the Spirit it means much more than that. **To "soak" in God's presence is to rest in His love rather than to "strive" in prayer.**

As the person receiving a touch from God begins to connect with the reality of the Holy Spirit's presence, he rests expectantly in God's presence. Often the Holy Spirit hovers over the person to reveal more of God's love and to renew and repair areas of a person's life.

As the believer soaks in God's presence, the Lord takes control and begins to draw his attention to God's word either in the scriptures or through internal audible impressions or pictures he sees in his mind's eye.

While we base our theology on God's Word, our experiences with God make it all come alive. The Bible is a book of experiences of men and women of God throughout history, whose lives were changed through divine encounter. Your life will be changed as you encounter Him.

How do you know if you need to soak (running on empty)?

- If you are spiritually dry, soaking can revitalize your spirit.
- If you long to move more powerfully in the gifts of the Spirit, soaking can help you hear God more clearly.
- If you are looking for fresh vision and direction in your life, soaking can bring it.
- If you are hurting inside, soaking can ease the pain
- If you need Physical, Emotional or Spiritual healing soaking can release God's healing
- If you are about to start something new and need the Lord's strengthening, soaking can refresh you.
- If you are searching for an answer to some problem/situation, soaking can help you find the way.
- If you carry responsibilities, soaking can lift your burden.
- If you are trapped by habitual sin, soaking can empower you to break free.
- If you are having relational difficulties, soaking can give you new resources of grace, patience and love.
- If you simply want to have more intimacy in your love for your heavenly Father, soaking can take you deeper.

The Other Half of the Conversation

Jesus says, "Ask and you will receive". We are 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 be still and listen to Him.

Human Beings (not doings)

At first we may have an internal Mary/Martha struggle. We feel like Martha that we should be "doing" something. But this is Mary time. Martha got caught up in the busyness of serving Jesus; Mary got caught up in Him. Soaking is not about how much we can accomplish by our own efforts. It's all about God's Grace, His love and His action in us.

Abide in the Vine

Daily intimacy with God is the key to fruitfulness in every area of our lives. As we become more aware of His presence **in us**...so do other people. As we become more affected by His presence **in us**...so do those around us. By taking time in the secret place with God, we start to walk by the Holy Spirit in everyday life. We find that rather than striving to achieve things for God, He is building His kingdom through us. "Not by might, not by power, but by His Spirit."

Scripture References:

Psalm 23: 1-3 'The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside **quiet** waters, he restores my soul.

Psalm 131:2 But I have **stilled** and **quieted** my soul; like a weaned child with its mother, like a weaned child is my soul within me.

Isaiah 40:29-31 He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Psalm 4:4 When you are on your beds, search your hearts and be **silent**.

Psalm 37:7 Be **still** before the LORD and **wait** patiently for him.

Luke 10:39 She had a sister called Mary, who sat at the Lord's feet **listening** to what he said.

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.

Hebrew 4:9-11 There remains, then, a Sabbath-**rest** for the people of God; for anyone who enters God's **rest** also **rests** from his own work, just as God did from his. Let us, therefore, make every effort to enter that **rest**.

Psalms 27:14 Wait for the LORD; be strong and take heart and **wait** for the LORD.

Proverbs 1:33 But whoever **listens** to me will live in safety and be at ease, without fear of harm.

How do I Soak?

One of the main barriers to encountering God is that we are simply trying too hard. God's top tip to us is "just relax". In Psalm 46:10, He put it this way, "**Be still and know that I am God**". Like a child sat silently on its Fathers lap a bond can form and deepen through peace and stillness.

Although you don't have to lie down, you may sit in a chair or lie on your bed, the main thing is to be in a safe place so you can be vulnerable. **Set your affection on Jesus**. I like to soak while listening to intimate worship music with meaningful words that quiet my soul and help me draw near to God.

As you reflect on the cross and all that Jesus has lovingly purchased for you, begin by forgiving others, then confessing your sins to Him and longing to be close to Him. After a few moments, you will become aware of the Holy Spirit's unseen presence.

Give all your worries and cares to the Lord talking to Him about them. Pray a prayer like this. "Lord Jesus, I invite You to come and search my heart. Come close and let me know Your love." Let worship rise up inside you and give yourself to the Lord.

People experience Him in many ways: a weight upon your body, an electric tingling upon your hands or face, or a warm sensation of love going through your heart which connects you to Him.

If you become distracted, take those thoughts captive and then re-focus on Jesus. If you have a Martha thought make a note of anything you need to do later and leave it there till later. Remind yourself why you are soaking and listen to the worship music.

Let your Heavenly Father fill you with peace and joy. It's not about striving in prayer, but instead resting and let the Holy Spirit come and minister to you. Pray simple prayers like "I open my heart to you Father God, come and speak clearly to me, I am listening" and "come and refresh me with your Holy Spirit."

The longer you spend in His presence the more you will receive from Him and your relationship with Him will deepen.

How often do I need to soak?

We need to develop a habit of spending time with Him every day. It will usually take at least a week of daily soaking to begin learning to bring your soul to a place of stillness and rest. We live in a bustling 24/7 world and we get so busy '**do**ing' that we find it hard just to '**be**'. This is because our minds are always analysing rather than receiving. In the beginning you may experience deep frustration as you try to quiet yourself before God. However, when you are faithful and obedient to pursue Him, you will quickly learn how eager He is to be with you.

This is how you grow to love anyone, by a series of several encounters that bond you together. It is not only a rational process; your heart must be engaged. Experiencing God's presence is what will cause you to love the Lord with all your heart and soul. (Matthew 22:37) Humble yourself before Him.

Testimonies

Mark Stibbe of St. Andrew's Chorleywood writes, 'I personally love to soak. My main emphasis is on 'being so filled with the Father's love that we cannot resist giving it away, especially to the lost (our church's vision). You have to freely receive before you freely give!'

Joyce Huggett Soaking prayer is a modern form of contemplative prayer, People put themselves in an attitude of stillness, focusing on Jesus and open to the Holy Spirit but with no requests or agenda. The aim is to be still in God's presence, "waste time with Jesus."

Soaking Checklist

- Have a bible, paper and pen with you.
- Move about quietly and be sensitive to others
- Find a warm comfortable place to lie down or sit. Allow the busyness of your thoughts to quieten down (don't fight them).
- **Protect the time**" by claiming divine protection against interruption, disruption, distraction, and against any specific assignments which God suggests to you. Take Authority, bind Satan and all his minions !!
- Pray briefly to **ask God to show** anything that might get in the way of you being "seated in the heavenlies" such that you are not in a place to hear God speak. Apply 5Rs as needed.
- **Claim protection** against the world, the flesh, and the devil, particularly **binding all human** logic, distracting thoughts, **knowledge** or imagination.
- Listen to the worship. Set your affection on Jesus and ask by His Grace for the Holy Spirit to come. Pray Lord this time is just for you.
- Invite the Holy Spirit to soak you in His presence. Surrender yourself to the Holy Spirit, Pray please come and do what you want in my Spirit, Soul and body.
- Focus on the Lord's presence **within you**. Rest in faith, believing He is working in you.
- Take as much time as you can (try to give yourself at least 20 minutes to start to relax and begin to receive.)
- After at least 20 mins of just being with the Lord making no demands of Him begin to ask Him Questions such as "what revelation/truth does Y need to be more open to you Lord?", "what truth do I need to get hold of Lord", "what are you calling me to do Lord?"
- Get up refreshed and full of the Holy Spirit. Watch as God changes you and the world around you as you give away His love.

The mission statement for the Toronto Airport Christian Fellowship is "**That we may walk in God's love and then give it away".** My prayer is that you will become a fast flowing River of God's love the more you give away the more He will lavish upon you.