

If you fall asleep, that's OK. If you are interrupted, you can always come back for more. You will know when your time is finished. You will feel a satisfaction in your heart and a release to go and get on with life. Occasionally people can become quite emotional during soaking prayer. God may want to touch deep places in the heart. There are often areas of past wounding where we are very reluctant to go. That is often the very place that the Lord wants you to revisit so that He can bring freedom and healing to areas of fear and pain. It is helpful to have friends and even experienced ministry people in the room so they can love you through this and help reassure you to go ahead in faith in order to, so as to bring closure to these areas.



Soaking is worth the effort. It takes time and it takes dying to self but the rewards are great. Not only do we increase our awareness of the Lord's presence, but all the fruit or benefits of His presence are released into our lives.



Suggested Soaking Music [iTunes]

Sounds of Healing, Spirit To Spirit (Julie True); Invisible Realms (Laura Woodley Osman); The Soaking Room, Soaking Journeys (Laura Rhinehart); The Father's Song, Live Soaking Sessions Vol 1 & 2 (Kimberly & Roberto Rivera); Breathe (Robert Stearns); Heaven's Rain (Grace Williams)



Soaking

Soaking involves becoming saturated with God so that we take on God's flavour or nature. Too often we "taste" of flesh. But God wants us to be transformed into the image of His Son and carry his fragrance and flavour.



Psalm 37:7 "Rest in the Lord, and wait patiently for Him."



What is soaking?

To soak in God's presence is to rest in His love, rather than to "strive" in prayer. As you rest expectantly in God's presence, often the Holy Spirit hovers over you to reveal more of God's love and to renew and repair areas in your life. Gentle and intimate worship music will help you to quiet your soul and to bring you closer to God's heart.

How do I know if I need to soak?

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 clearer.

If you are looking for fresh vision and direction in life, soaking can bring it.

If you are hurting inside, soaking can ease the pain.

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 a problem or 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 relationship 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.

How can you soak?

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. You might like to soak while listening to intimate worship music with meaningful words that quiet your soul and help you draw near to God. As you reflect on the cross and all that Jesus has lovingly purchased for you, begin confessing your sins to Him and longing to be close to Him.



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. 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. If you become distracted, then re-focus on Jesus. Remind yourself why you are soaking and listen to the worship music.

The Results Of Being In His Presence

Revelation is often the fruit of soaking in God's presence. The Lord delights in revealing the secret counsel of His heart; dealing with issues that need to be addressed and bringing wisdom to our situation and needs.

The scope of all that is made available to us, as we soak or wait upon the Lord, is revealed in Psalm 27. David climaxes this Psalm with his declaration in verse 14.

Ps. 27: 14 "Wait on the Lord; be of good courage, and He shall strengthen your heart; wait, I say, on the Lord!"

The exhortation to wait on the Lord is the key to everything that David expresses within this psalm.

v. 1 – 3 confidence and strength in facing the enemy

v. 4 – 5 his desire to dwell in the house or presence of God all the days of His life.

v. 6 – 8 sacrifices of joy and the seeking of God's face.

v. 9 – 13 victory over the enemy and seeing the goodness of GOD.

All these things flow from the presence of God and are laid hold of through waiting on God - or in other words, through soaking in His presence. Soaking in God's presence is an insult to the flesh because it is required to do nothing. It usually takes about fifteen minutes to quiet the business of life and enter into rest. But Jesus is the Lord of the Sabbath, and He wants you to enter into His rest. The fruit of the Spirit is love, joy and peace, so we need to take quality time with Him. You cannot force or hurry this. The idea is not to "get" something but to "be" with Someone. Take time just to be with Him; to love Him and let Him love you.