Soaking in God's Presence

Soaking is different from a lot of the ways Church meetings are traditionally run. Perhaps you are new to soaking and are reading this because you long for more of the Lord. This leaflet explains a little about why we soak and some of the benefits.

'Soaking' is a term we use for waiting on the Lord and resting in God’s presence. We are all good at being a Martha but often not so good at being a Mary (Luke 10:38-42). Despite all the beneficial things Martha did for Jesus and his disciples, Jesus said that Mary had chosen the best part -- to just sit at his feet and do nothing - - to be with Him and listen. We call this “active rest”. Listening is the active part. Doing nothing is the resting part.

The Lord has promised that His grace is sufficient for all of our needs (2 Cor. 12:9). He wants to pour into us the resources that we need for each day. As we spend time in His presence He pours in His strength, peace, patience, endurance, comfort and joy. We learn to soak up everything we need from Him. The scriptures encourage us to strive to enter God’s rest (Heb. 5:11). We would like to encourage you to rest and do nothing occasionally -- to be refreshed and renewed by simply being in our Father’s presence.

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The following is adapted from a pamphlet prepared by Robert and Janet Pengilley from Bath, UK -- used by permission.

**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/situation, soaking can help you find the way.
- If you carry responsibilities, soaking can lift your burden.
- If you are trapped by a 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.

**Guide To Soaking**
- Find yourself a space
- Make yourself comfortable - Lying down is the easiest way to rest
- Settle down and begin to open your heart to the Lord
- Listen to the worship
- Let the Holy Spirit come

"Drink, yes, drink deeply, O beloved ones!" Song of Solomon 5:1

**So, do I just lie down with a blank mind?**
No! Lie down with your mind set on Jesus. Give all your worries and cares to the Lord, talk to Him about them. Pray a prayer that says to God something like: '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.

"Waiting is not simply passive inactivity; it is active restfulness" (quote by Steve Smith, Father Heart Ministries, Brisbane, Australia)

**Can I trust it is the Holy Spirit working?**
Give the Holy Spirit permission to work in your heart - don't try to analyze things straight away...The Lord has no favourites, he will always give the Holy Spirit to those who ask (Luke 11:11-13). Expect His divine protection. He's big enough!
**How long do I stay down for?**
It takes most people at least ten minutes before they stop thinking about the day’s events or future plans and come to a place of rest. So it’s unlikely that you would get much out of soaking if you do it for less than fifteen minutes. We have found that often the Holy Spirit comes in waves. As you wait another wave will come to take you deeper into the presence of the Lord. So, the longer you soak the better.

**Once I get up can I come back for more?**
Yes, it is often good to get up, have a break and pray over things that the Lord has shown you (either on your own or with another), write things down so you won’t forget, then return and soak some more. Just be sensitive to others about you and move quietly.

**How will I know when God has finished?**
The more you soak the easier it will become to recognize when to stop. Often you will sense a lifting of the anointing and a reviving of energy. Remember, you will never get beyond the need for more of the Holy Spirit.

**Do I have to lie down?**
No, you can soak sitting in a chair if you find it more comfortable. Being still and at rest is the key. It aligns our bodies with our heart’s attitude of submissiveness and attentiveness to God. Lying down helps to minimize the distractions caused by activity in the room, and puts us into a vulnerable position to receive from the Lord.

**How will I know if soaking is doing me any good?**
Many people feel immediate benefits such as a renewed love for the Lord, a lifting of weights or fresh energy. Often evidence of long term changes are discovered later when back in daily life.

**What if I fall asleep?**
That’s perfectly valid. Deep, Holy Spirit sleep is very good for us, especially in difficult and stressful times. (Gen. 2:21; 15:12; Dan 10:8-10; Luke 9:32)

**Can I 'soak' at home?**
There is a special anointing that comes when Christians are together in an atmosphere of worship, however, it is recommended to 'soak' at home as well, provided that you are undisturbed. It is important to play intimate worship music that draws you closer to the Lord and brings you into 'stillness'.

**Nothing Seems to Happen**
We’re all different, and are at different places in our Spiritual and emotional freedom. But Jesus is the same yesterday, today and forever. He will definitely come by his Spirit if we invite him. However our ability to receive varies due to many factors. Try the following: Still your heart, fix your eyes upon Jesus (by focusing on the worship), tune in to the flow of the Spirit (by listening for spontaneous thoughts coming into your mind) and talk back to God about those thoughts. Then after a while still your heart again and fix your eyes on him. Ask him to speak to you about his love for you. Also, you must ALLOW yourself to rest!

Many who are able to receive from God now found it difficult in the past. Often the Lord has to show us our blockages, whether it be pain, disappointment, stress, unbelief... If this is a constant in your life go and talk about it with a Christian who knows the Holy Spirit, and if necessary get some prayer-ministry. God wants ALL his children to hear his voice.

FINALLY – perhaps you just need to relax- don’t over analyse!

**Soaking In God’s Presence**
There are scriptures that call us to 'lie down', 'wait', 'rest', 'listen' and be 'quiet'. Some of these are listed on the next sheet.
Some Soaking Scriptures

Ps. 23: 1-3 - "The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul;"

Ps. 131:2 -- "Surely I have calmed and quieted my soul, like a weaned child with his mother".

Ps. 42:7 & 8 – "Deep calls to deep in the roar of your waterfalls; all your waves & breakers have swept over me. By day the Lord directs His love, at night His song is with me – a prayer to the God of my life."

Ps. 62:1 & 2 – "My soul finds rest in God alone; my salvation comes from Him. He alone is my rock and my salvation. He is my fortress, I will never be shaken..." (verse 8) "Trust in Him at all times, O people; pour out your hearts to Him, for God is our refuge."

Ps 63:4 – 5 "I will praise you as long as I live, and in your name I will lift up my hands. My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you." (vs. 6 – 8 ) "On my bed I remember you; I think of you through the watches of the night. Because you are my help, I sing in the shadow of your wings. My soul clings to you; your right hand uplifts me.

Isa. 66:2b – "This is the one I esteem: he who is humble and contrite in spirit, and trembles at my word."

Zeph. 3:17 – "The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing."

Ps. 4:4 -- "Meditate within your heart on your bed, and be still."

Isa. 30:15 -- "For thus says the Lord God, the Holy One of Israel: 'In returning and rest you shall be saved; in quietness and confidence shall be your strength'."

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

Matt. 11:28-30 -- "Come to Me, all you who labour and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls, for my yoke is easy and my burden is light."

Heb. 4:9-11 -- "There remains therefore a rest for the people of God, for he who has entered His rest has himself also ceased from his works as God did from His. Let us therefore be diligent to enter that rest."

Isa. 40:29-31 -- "He gives power to the weak, and to those who have no might He increases strength. Even the youths shall faint and be weary, and the young men shall utterly fall, but those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."

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

Prov. 1:33 -- "But whoever listens to Me will dwell safely, and will be secure, without fear of evil."

Isa. 55:1-3 -- "Ho! Everyone who thirsts, come to the waters: and you who have no money come, buy and eat. Yes, come, buy wine and milk without money and without price. Why do you spend money for what is not bread, and your wages for what does not satisfy? Listen carefully to Me, and eat what is good, and let your soul delight itself in abundance. Incline your ear, and come to Me. Hear, and your soul shall live;"

Ps. 45:11 & 13 "The King is enthralled by your beauty; honour Him, for He is your Lord...All glorious is the princess within her chamber, her gown is interwoven with gold. In embroidered garments she is led to the King; they are led in with joy and gladness; they enter the palace of the King."

Hos. 2:14 -- "Therefore, behold, I will allure her (God’s people), I will bring her into the wilderness, and speak comfort to her."

Exodus 14:14 -- "The Lord will fight for you; you need only to be still."

Psalm 27:14 -- "Wait for the Lord; be strong and take heart; and wait for the Lord."