

# What the Bible has to say

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;  
**Psalms 23:1-3**

Surely I have calmed and quieted my soul, Like a weaned child with his mother; Like a weaned child is my soul within me. **Psalms 4:4**

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."  
**Isaiah 30:15**

Rest in the LORD, and wait patiently for Him; **Psalms 37:7**

Come to Me, all you who labor 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.  
**Matthew 11:28-30**

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...  
**Hebrews 4:9-11**

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.  
**Isaiah 40:29-31**

Wait on the Lord; Be of good courage, And He shall strengthen your heart; Wait, I say, on the Lord! **Psalms 27:14**

But whoever listens to me will dwell safely, And will be secure, without fear or evil. **Proverbs 1:33**

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; And I will make an everlasting covenant with you; The sure mercies of David. **Isaiah 55:1-3**

And she had a sister called Mary, who also sat at Jesus' feet and heard His word.  
**Luke 10:39**

Therefore, behold, I will allure her, Will bring her into the wilderness, And speak comfort to her. **Hosea 2:14**

And do not be drunk with wine, in which is dissipation; but be filled with the Spirit...  
**Ephesians 5:18**

Be still and know that I am God.  
**Psalms 46:10**

## Key – WORD Dictionary Definitions

**SOAK** – to become thoroughly wet, or saturated by immersion, to drink excessively, to become drunk, to take in, to soak up.

**LIE DOWN** – to place oneself or be in a prostrate position in order to rest. To accept without protest or opposition.

**QUIET** – to be untroubled, free from activities, distractions, still, calm.

**REST** – to relax from exertion, or labour, repose, sleep, a pause or interval.

**LISTEN** – to concentrate on hearing something take heed, pay attention.

**WAIT** – to stay in one place, or remain inactive in expectation of something.

## Come and

# SOAK

## in God's presence

## Step-by-step guide to soaking

- Move about quietly and be sensitive to others
- Find yourself a space and make yourself comfortable
- Settle down and begin to open your heart to the Lord
- Listen to the worship and let the Holy Spirit come

**Soaking meetings are held last Friday of the month 7.30 - 9.00pm**

## IT'S ALL IN The Plan

In the beginning God created man & woman. His greatest joy was the close fellowship (or communion) He had with them as they walked and talked together in the garden, enjoying the cool of the day. But it didn't last.

Satan brought sin into the world and broke that precious, intimate relationship. So man began to search for something to fill the emptiness in his heart.

Thank God that Jesus came and restored mankind into relationship with the Father.

Now the Holy Spirit comes to soften our hearts, re-kindle our love for our heavenly Dad and make us ready for a new love relationship. This time as the Bride of Christ, with Jesus as our husband.

It's simply us coming to be with our Father, no shopping lists, no agendas, just ourselves being still in His arms of love.

# Drink, yes, drink deeply, O beloved ones!

## What do you mean 'Soaking'?

The old word would be 'wait on the Lord' or 'tarry', but there is an emphasis on rest, as over against striving in prayer. Soft intimate worship music will help you quiet your soul and draw you near to God.

## Why would I want to?

There is a deep need in everyone for us to be close to God. Some have described it as a 'God-shaped' vacuum inside of every human heart that longs to be fulfilled.

## How do I know I need to soak?

- If you are spiritually dry, soaking can revitalise your spirit.
- If you long to move more powerfully in the gifts of the Spirit, soaking can help you hear God clearly.
- 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 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.

## So do I just lie down with a blank mind?

No! Lie down with your mind and heart 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 the re-focus on Jesus. Remind yourself why you are soaking and listen to the worship.

## Can I trust it is the Holy Spirit working?

These sessions are covered in prayer to create a safe place. Give the Holy Spirit permission to work in your heart – don't try to analyse things. The Lord has no favourites, He will always give the Holy Spirit to those who ask: "If a son asks for bread from any father among you, will he give him a stone? Or if he asks for a fish, will he give him a serpent instead of a fish? Or if he asks for an egg, will he offer him a scorpion? If you then, being evil, know how to give good gifts to your children: how much more shall your heavenly Father give the Holy Spirit to them that ask Him?" (Luke 11:11-13)

## 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 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 is 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.

## 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 hearts' attitudes of submissiveness and attentiveness to God. Lying down helps to minimize the distractions caused by activity in the room.

## 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)