

Reawakening to the Spirit of Christ Prayer Exercises

**I recommend spacing these out. For example, you could do one per day, or pick one that you do repeatedly throughout the week, and then move on to a new exercise by the following week.*

The Holy Spirit is our Teacher:

John 14: 26

Supplies needed: Bible, writing utensil, and a notecard

Choose a passage from the Bible and read it two to three times. Ask the Holy Spirit to teach you through this passage (He may do this by drawing a certain topic to the forefront of your mind, making a word stick on your heart, etc). Make sure to spend time listening - create the space to receive what God has to say. Once He reveals a truth to you, ask what He wants you to do with that truth. Write this truth on a notecard and keep it somewhere safe. Ask the Holy Spirit to help you remember this truth when you need it.

(Passage suggestions to study: Romans 5:1-11, Galatians 5:13-26, 1 John 4:7-21).

The Holy Spirit is our Comforter:

Acts 9:31

Supplies needed: A quiet place for prayer, (Bible recommended)

Find a place where you are alone and feel safe - basically create a mini sanctuary for yourself where no one is going to disturb you or listen to you. Once you've found your safe spot, pray out loud to God. Talk to Him about the things that may be hurting you (be raw and honest- He already knows your thoughts and feelings anyways). Then ask Him for comfort in this area of your life. Take some time to simply rest in His presence and let His Spirit minister to your spirit. You may need to come back and do this a few times. Also, feel free to reflect on scripture during this process if you feel led (passage suggestions: Isaiah 40:27-31, Romans 8:18-28).

The Holy Spirit Guides:

John 16:13

Supplies needed: Spotlight handout attached and a writing utensil

Ask the Lord if there is a step He has been calling you to take that you either haven't been listening for, or you have been ignoring. Give Him room to speak. Write (or draw) the step He is calling you to in the spotlight on the handout. Keep this as a reminder to take that step (I encourage you to share this with someone you trust... even if you don't feel willing to take the step yet).

The Holy Spirit grants us peace.

Romans 15:13

Supplies needed: Water soluble paper (provided) and a writing utensil

Ask the Holy Spirit to fill you with His peace and joy. Also be sure to ask God to reveal anything you are holding on to that may be hindering you from experiencing the peace and joy He has already placed inside you. If He does reveal something to you, write it on water soluble paper and place it in water. As you watch it dissolve, choose to let go of this burden, and choose joy.

The Holy Spirit Intercedes:

Romans 8:26

Supplies needed: A piece of paper and a writing utensil

Spend some time in listening prayer, asking God to lay a person or situation on your heart to pray for (this could even be yourself). Write out that person's name, or a word summarizing the situation, in big bubble letters (make them big enough that you can write smaller words inside of them). Continue to listen to the Holy Spirit for words or themes to pray over this person/situation. Write those words inside the larger bubble letters, and pray as led by the Spirit. (See attached example).

The Holy Spirit Empowers and Equips:

1 Corinthians 12

Supplies needed: A partner, (anointing oil/olive oil optional)

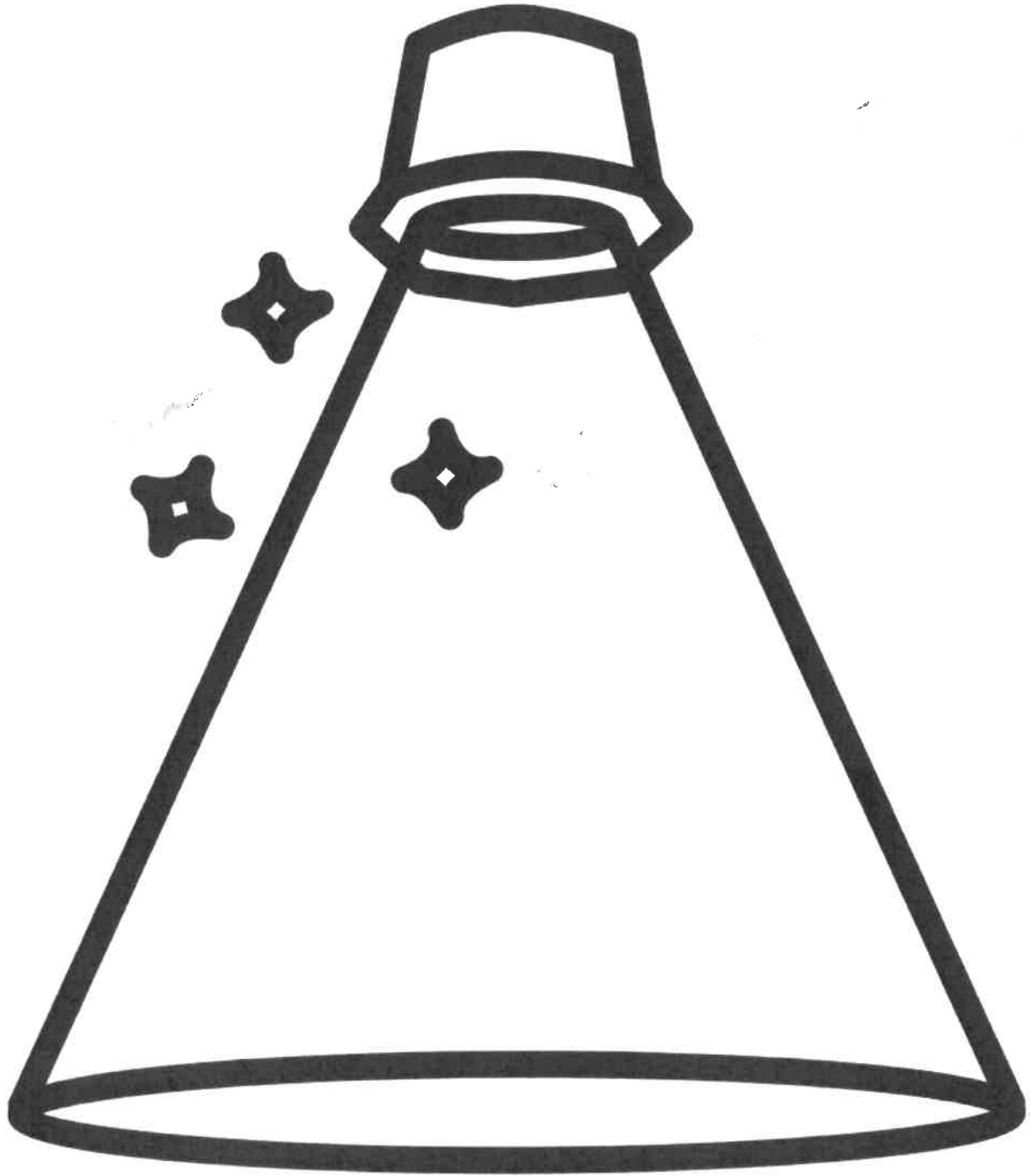
Find someone you trust to pray over you. Ask them to listen for how the Lord is empowering you. Have them anoint you with oil (if possible), and pray a blessing over that area of your life. The oil symbolizes being set apart unto the Lord. Feel free to reciprocate this for your partner!

The Holy Spirit transforms us.

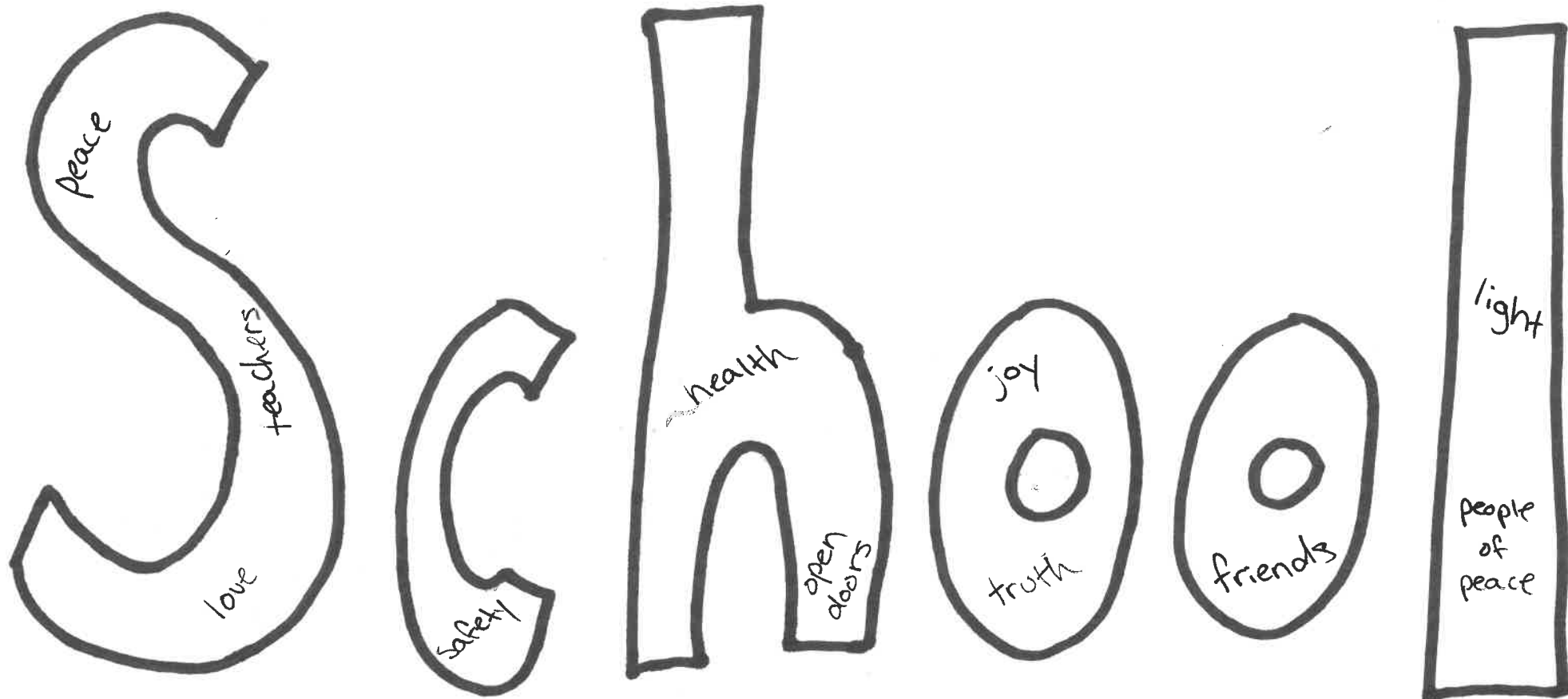
Galatians 5:16

Supplies needed: Transformation handout attached and a writing utensil

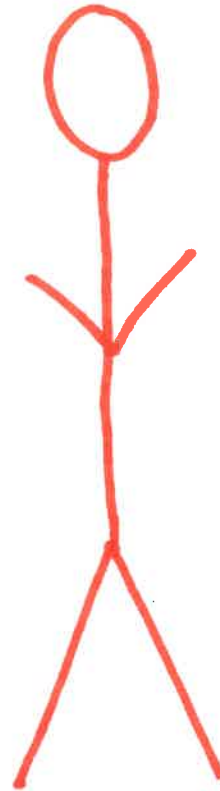
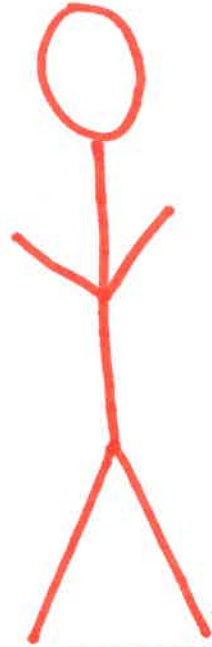
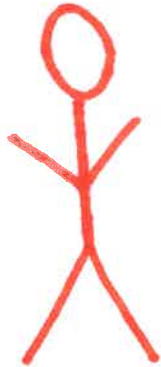
Take some time to reflect back on spiritual "growth spurts" that you have experienced in your life. On the Transformation Handout, note these areas in your life (that have already been transformed by God) on the left side of the dividing line. Next, ask God to reveal areas of transformation in your life that He is still calling you to; List these on the right side of the dividing line. Finally, spend time in prayer thanking God for how far He has brought you, and surrender more of yourself to be transformed by His Spirit.



Example



TRANSFORMATION



LIST WAYS THAT GOD HAS TRANSFORMED YOU.

NOTE THE TRANSFORMATION THAT GOD IS CALLING YOU TO.