

2 HOLY SPIRIT PRAYER PRACTICE

One of my favourite ways to pray is to use a passage from the Bible that describes the Holy Spirit's activity, and I visualize this activity taking place inside of me. I allow the metaphor the bible uses to describe the Holy Spirit to get me started, but as I've done this, I've learnt to allow the images to evolve in my mind's eye. Often the Spirit speaks to me through the pictures I see and/or the sensations I experience.

Set aside a little time

There are two options for managing time:

- **Option 1: The timer** – Dr. Loretta Graziano Bruening, author of *Habits of a Happy Brain*, tells that if you do something for 10 minutes a day for 40+ days, it creates new pathways in your brain, causing us to enjoy the habit we're practicing. So if you're not praying at all right now, **10 minutes is a fine start – it will still change your brain.** The great thing about committing to do pray for 10 minutes is that even when you get really, really busy, it's difficult to come up with excuses why you can't pray.
- **Option 2: Stay until God lets you know you're done** – After you do this for a while, you may discover that God lets you know when the time is up. For me, I often get a picture of myself leaving my prayer spot. I've learned that when I see that, I should leave immediately: Usually there's something I need to get to right away, that I've forgotten about.

Choose a metaphor for the Holy Spirit

I think every time I do this, it's different for me. However, my main goal is to become aware of what the Holy Spirit is doing and invite God to have more sovereignty in my life. If you try it, below are some things you picture in your mind's eye:

- **Wind or breath flowing into you.** Imagine God's breath blowing through each part of your body, starting with your toes and gradually working upward.

Where is this in the bible? When Luke describes Holy Spirit coming in **Acts 2:1**, he uses a word that is usually translated "violent wind", but could just as well be translated "violent breath". When God created humans, He breathed into person-shaped clay and this breath turned the first person from being dead into being alive (**Ge2:7**). When Jesus was saying good-bye to his disciples, he breathed on them and said, "Receive the Holy Spirit" (**Jn20:22**).
- **Power flowing through you.** Imagine a power like electricity gradually filling you, body part by body part, animating you.

Where is this in the bible? In Acts 1:8, Jesus talks about the Holy Spirit as power. Many believers experience Spirit as a kind of electricity. Similarly, you might think about Spirit as a fire that can touch something without destroying it (Ac2:3; Ex:3:2).

- **Water your belly:** Imagine water shooting out from your belly or even from a womb-shaped space inside of you. Imagine this force spreading throughout the rest of your body, and then to other people.

Where is this in the bible? When Jesus said living water would flow from us in John 7, he used a word that is sometimes translated as “belly”, but more frequently translated by the more literal Lexham English Bible translators as “**womb**“. You might not have a physical womb, so maybe you’ll never birth a child, but Jesus is just saying that we have within us a “birthing” centre that He wants to energize.

Utilize the metaphor

Below is my preferred way:

1. **Body part by body part** – Imagine the Holy Spirit filling each part of your body, one at a time, with fire, water, breath, or power, from the tips of your toes to the top of your head.
2. **Pay attention to the pictures that come** – If you’re like me, you’ll find that it’s easy to imagine some parts of your body being filled, while with other body parts, it’s practically impossible to imagine the Holy Spirit entering them. For example, while it’s always been easy for me to visualize Holy Spirit entering my feet, I tried to picture the Holy Spirit entering my mind for about 6 months before I finally saw Him go in!

What’s going on? It seems like the Holy Spirit wants to use our body parts to symbolize spiritual matters. I usually assume that what I see going on in my mind is about my thinking, my heart is about my motivations (the bible actually doesn’t use heart to talk about emotions), my hands is about what I do, and my feet is about connecting with others (Eph 6:15). So, if it’s difficult to visualize the Holy Spirit filling my mind, I assume he’s saying that he wants to take over how I think, but I’m not letting him.

Manage Your Wandering Mind

During this exercise, your mind will wander. You may suddenly realize you are reviewing something that happened the night before or planning your day. However, there’s good news: The moment when you acknowledge your mind is wandering and you come back to your intended focus, you do a “mental push-up”. This self-awareness, followed by correction strengthens your mental and spiritual muscles. It’s doing these mental push-ups that allows you to maintain focus at home or at work.

When you realize your mind is wandering and you return to focussing on God, you do mental “push-up” that will improve your prayer life.

THE ABBULL FAMILY PRAYER

“All prayers, including the Lord’s prayer, to be prayed with passion and intensity and faith!!”

~ Fran Abbuhl

For my immediate and extended family, I pray that....

- We would read our Bibles daily and spend time focusing on You, listening to You, and allowing You to search us and speak to us. Please give us a thirst and passion for your Word.
- We would ask You daily to show us what we need to repent of (give us the will and the courage to repent and change).
- We would ask You daily to reveal anything that is holding us back from greater intimacy with You, from hearing You, or from obeying You.
- That you would show us anything that hinders our relationship with You, anything that distracts us from You, anything that dilutes our passion for You – any sin, wrong attitude, the demonic, cultural influences, ungodly beliefs (lies from the enemy), hurts, generational stuff, fears, unrepentance, unforgiveness, self indulgence, old nature stuff, etc. etc.
- We would ask You daily to reveal who You are to us so that we would know and experience You better; how loving, faithful, merciful, forgiving, kind, patient, and gentle You are. Open our eyes to You and Your goodness.
- We would daily commit our lives to You; that we would make You Lord of all areas of our lives – hold nothing back.
- We would ask You to speak to us and give us the ability to hear You clearly. That You would show us where You are working and how we can join You and that You would help us be obedient when You ask us to join You.

A PRAYER FOR THOSE WHOM GOD HAS LAID ON YOUR HEART

Fran says, "This is a prayer sent to me by my cousin who was a pastor for years. "

FATHER, I praise You that in the name of Jesus Christ You are sending Your Holy Spirit upon (name of the person you are burdened for) to:

1. **Draw them** to Yourself.
2. **Reveal Yourself** to them and open their eyes to see how much You love them, the reality of Your amazing grace, and the truth of Your Word.
3. **Stir** within them a **hunger and thirst** for You, for Your Word, for righteousness!
4. **Convict them** of sin, melt them down, break the grip of sin in their lives.
5. **Bring them to true repentance.**
6. **Deliver them** from the power and deception of the evil one and the influence and deception of the world.
7. **Protect them, spiritually, physically, and relationally.** Cover them with the blood of Jesus the Messiah. Protect them from the one who wants to kill, steal and destroy.
8. **Set them apart** for Your very own all the days of their life.
9. **Anoint/baptize** them with/in the Holy Spirit to serve You with all their heart, with all the gifts You have given them, **all** the days of their life.

I praise You, Father, for not only hearing this prayer, but **for answering this prayer**, in Jesus name!

AMEN!