

Prophecy The Essentials

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ACTIVATION: God's Goodness Encounter

Thank you Jesus that you lead me beside still waters because you are my Good Shepherd who looks after me. I thank you for your Word (when you read these verses make them personal of you speaking to Jesus) Psalm 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 still waters. He restores my soul."

(Allow yourself to imagine being on cool grass next to a gently flowing stream)

Jesus, please pour your rest and refreshing into my spirit, my soul and my body. I choose right now to let go of any cares and stresses that I am carrying and give them to You.

(What does it feel like as you give your stresses/cares to Jesus? If you are having trouble letting them go then ask Jesus if He could come and take them. What does it feel like as your body relaxes on the cool grass?)

Father, I choose to let you look after me. I ask that you would restore the energy that I need and the infilling that I need. (what does it feel like to let Father look after you?)

(Now position yourself to be filled up - sometimes people might do this with outstretched hands or just with an attitude of receiving).

Holy Spirit I invite you right now to please come and fill me to overflowing with your refreshing presence.

(you could drink a pretend glass of water here as an act of faith of receiving)

I drink of your goodness today Lord. I drink in your refreshing and I receive it into every part of my mind, body and spirit. (focus on it filling the different areas of your body, and then your mind, will and emotions and then your spirit)

I choose to be like Mary (from the bible) who chose to sit at Jesus' feet for a bit rather than rushing around doing. I sit in your presence Jesus and receive ministry from You.

(Is there anything else that Jesus is wanting to give you, tell you or show you?)

I thank you for blessing me today with showing me Your goodness..