

Meditation with the Holy Spirit is a very important daily practice if you wish to hear His voice, learn the deep things He has personalised for your life.

It requires discipline, but not to worry, in this course I will guide you through. You will learn how to develop this exercise into a habit. Consistency will yield the results and it will easily become a part of your day.

Here is a guide for the practice of meditation and steps to attaining your goal of soaring in Christ.

- ◆ Find a quiet space. Once possible, make this your 'spot' for meditation and consecrate it to God.
  
- ◆ Sit down and be sure you are comfortable.
  
- ◆ Close your eyes and take a slow, deep breath in. Observe the oxygen expanding your lungs, filling your body. Relax your shoulders

# HOLY SPIRIT MEDITATION GUIDE



- ◆ Exhale slowly through your nose. Feel your breath leave your lungs and the contraction.
- ◆ Focusing on your God-given breath will clear your mind. If it wanders, re-focus.
- ◆ On the exhale, inwardly speak the name of Jesus, "Hallelujah" or another word of adoration.
- ◆ Ask God for forgiveness of your sins, for a clean slate.
- ◆ Ask the Holy Spirit to fill you.
- ◆ Think of a passage of Scripture and ask the Holy Spirit to speak to you on it.
- ◆ Listen. Stay focused. Let Him know you are listening.
- ◆ Observe what you receive - whether you hear His voice, receive a vision, a song.
- ◆ Write down everything you receive in your 90-Day Meditation Journal and without judging whether you deem it possible or real.

Doing this over time will mean a closer relationship with God, feeling and experiencing His presence. Be sure to continue to write down your experiences and what He has shown or said to you.

You will find this to be absolutely powerful. Hear from Him concerning His vision and plan for your life. Go back to what you have written over time and see the growth.