PROPHETIC ACTIVATION EXERCISES

**Description:** The purpose of this activation exercise is simply to allow the Holy Spirit to lead us in what we pray over someone as He gives us the thoughts and information in our spirit for and about that person. As sons (and daughters) of God, this should be our goal anyway according to Romans 8:13-14. Repeat this exercise with 5 different people.

**Purpose**
To allow the participant the opportunity to develop a sensitivity to the "voice" of the Holy Spirit. The goal is to develop a relaxed attitude and a confidence in perceiving the "leading" of the Holy Spirit in prayer for another person.

**Exercise:** Find someone that has agreed to allow you to pray for them. The person praying is asked to simply be sensitive to the Holy Spirit and to bless the person they are praying for and to share the what they are sensing. Remember to follow the “prophetic protocol” you learned in the video sessions.

**Scriptural Foundation:** The Holy Spirit knows what our personal needs are. In this exercise you extend your faith to pray for someone believing that the Holy Spirit will lead us in our praying according to Romans 8:26-27. “And the Holy Spirit helps us in our weakness. For example, we don’t know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God’s own will.”

No believer is perfect and it is OK to make a mistake. Just know that we all learn by doing.

**Step 1: Pray in the Spirit:**
Praying in the Spirit acts as a catalyst to receive the mind of Christ so that our human spirit can receive thoughts, impressions, pictures, etc. from the Holy Spirit.

**Step 2: Be Still:**
Once you are silent, give yourself about 60 seconds and “tune in” to the Spirit and pay attention to what are sensing in your spirit.

If you are a "seer," you will see pictures in your mind. These pictures may require interpretation but just go ahead and share what you see even if you feel you do know have the interpretation.

If you are a "hearer", you will "hear" what the Spirit says. This will not usually be an audible voice but for some of you it could be - on rare occasion. Once you hear, you simply pray what you hear the Spirit saying to you for the prayer recipient.

If you are a "knower / feeler", you just seem to know something and it feels right. It is like a built in sense of "what is". If you are a knower, you will recognize this pattern. If you are a feeler, you may actually feel something or a sensation in your body which, for instance, might lead you to pray for healing in the area of the person’s body where you feel the sensation.