



A c t i v a t i o n :

1. **SETTLING IN.** Sit back in your chair and place your feet flat on the floor in front of you, settle your hands unclasped in your lap, and roll your shoulders back once or twice picturing the cares of life rolling off of you as you seek to engage your heart with Jesus.

2. **BREATHE DEEP.** Take a few full, deep breaths. Go ahead, breathe in through your nose and out through your mouth - keep breathing and as you do think about how you are breathing in the life-giving oxygen in the room, and breathing out the cares of the world.

3. **BECOME AWARE.** As you continue breathing, I want to encourage you to close your eyes and picture yourself leaning back into who Jesus is - allowing yourself to rest there with Him. And, as you do, I want to invite you think of the place in your body where you are most aware of God's presence when you know He's there. With that place in mind...

4. **FOCUS ON TRUTH.** Now, from that place of awareness, I want you to focus on what you know to be true about Jesus from SCRIPTURE. Just what you personally know about Him to be true - it could be one thing or many things. But, this is what you know from Scripture. Allow yourself to focus on these truths until you feel your heart is set on Jesus, feel free to push pause here and allow yourself to fully engage your heart with Jesus. When your heart is set fully on Him, go ahead and push play again.

5. **ASK JESUS.** "What do you want to talk with me about today?" (Wait for His response, and record it in your journal or share in the comments below.) Allow yourself to engage in a conversation about what He is revealing to you in response. Ask more questions and make note of anything that you see, feel, hear, or just begin to know as a result.

How Did Jesus Respond?

Test Everything Hold Fast to What is Good!

Continue the Conversation:

- Jesus, would you show me what that looks like?
- Jesus, would you show me how you want me to respond to what you are revealing to me?
- Jesus, is there a scripture that I may read to gain more understanding?

Test the Word...

- How does what you are hearing, sensing, seeing or experiencing reflect God's revealed character and nature?
- What does it produce in you? (Fruit of the Spirit, Evidence of the Kingdom, Love, Etc)
- Who should I tell about this word?

- What do you need to do with this word?

Ask: Lord, is this word just for me or for someone else? _____

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| <input type="checkbox"/> Wait on the Lord | <input type="checkbox"/> Submit it for feedback | <input type="checkbox"/> Intercede or Pray |
| <input type="checkbox"/> TRASH IT | <input type="checkbox"/> Is it your assignment? | <input type="checkbox"/> Release it as Prophecy |

Is it ___ Prophecy ___ Discernment. ___ Revelation Knowledge. ___ Wisdom

Date _____ Time _____ Shared with: _____

Additional Notes
