

C O M E

Holy Spirit

SIMPLE PRACTICES FOR PARTNERING
WITH THE HOLY SPIRIT

PRACTICE: HEALING AND THE HOLY SPIRIT

“The same Spirit gives great faith to another,
and to someone else the one **Spirit gives the gift of healing.**”

1 Cor. 12:9

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Introduction

Jesus told his followers that it was better that He was going to the Father because the Holy Spirit would come and reveal to them, and even to us, what “the Father is saying and doing”. Jesus lived life and did ministry in the power of the Holy Spirit. Now, He invites us to do the same. The Come, Holy Spirit Practice Series is a set of simple practices to help ANYONE become familiar with the Holy Spirit and learn to “partner” with him in everyday life... just as Jesus did.

How To Use These Practices

This series contains ten practices related to partnership with the Holy Spirit in everyday life. Each prompt/practice contains an intro, a Scripture, a suggested practice exercise, things to notice, and journal space in which to document your experience with that specific practice.

Participants can spend as much time on one practice as they feel is appropriate.

These practices are personal. They are also short enough to be shared and interacted with in any type of group setting.

The important thing is for anyone who desires to grow in life with the Holy Spirit to feel free to work through these practices and learn her/his rhythm with the Holy Spirit - everyday.

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Intro:

The purpose of this practice is to connect with how the Holy Spirit empowers healing as a marker of God’s Kingdom. Jesus healed the sick in the power of the Spirit. He calls us to “do the same and even greater things.” Praying for the sick is not just reserved for trained pastors or “faith healers”. We are all invited to pray for others who are sick, broken-hearted, and/or tormented – anytime, anywhere with the partnership and power of the Holy Spirit.

Prompt:

This practice is best done in community. At church or small group, ask God to highlight someone who needs healing prayer. The easiest is when someone has asked for prayer. Ask the person what the specific ailment/issue is. Gently pray, “Come, Holy Spirit... bring healing power now.” Then wait. Notice what comes your head to pray. Pray those the words. Speak to the body wherever it is ailing and say, “be healed” or “pain be gone” Resist “asking for” the healing and practice partnering with the Holy Spirit to command the healing. Ask God to show the person how He loves them. Keep your eyes open and notice the person’s physical response. Ask if they experience any feelings and/or relief in their body. Resist fear and speak openly with the person you pray with/for. The Spirit remains present whether you talk or not.

Things to Notice: Markers of Praying for Healing

- Practice and prayer are interactive between Spirit, pray-er and pray-ee.
- Prayer is guided by God’s love for person, then for healing, in that order.
- Prayer for healing is a prayer of command, i.e. “headache, leave in Jesus’ name”, not always a polite request.
- Pray-er often has messages to speak to parts of the pray-ee’s body.
- Pray-er and/or pray-ee may feel heat, electricity, power in the hands or areas of the body being prayed for.
- Prayer for healing may or may not bring about instantaneous relief.
- Prayer for healing will result in all participants feeling loved.

Journal:

Write down what was different in your style of prayer when practiced praying for healing. What felt good about it? What felt weird about it? Notice anxiety and exhilaration that occurred. Express how you felt about God while you prayed. Express how you felt about the person you prayed for. Document any relief or healing experienced during the prayer. Continue praying for the person and ask the Spirit for more information on how they can be healed.

