

C O M E

# Holy Spirit

SIMPLE PRACTICES FOR PARTNERING  
WITH THE HOLY SPIRIT

## PRACTICE: VISIONS AND PICTURES FROM THE HOLY SPIRIT

‘In the last days,’ God says, ‘I will pour out my Spirit upon all people. Your sons and daughters will prophesy. Your young men **will see visions**, and your old men will dream dreams.’”

Acts 2:17

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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 grow familiar with pictures/visions as a way the Holy Spirit communicates with us. Above, the Acts passage tells us that when the Spirit is present, so are dreams and visions/visuals. As we pray for guidance from the Holy Spirit, we pay attention to what we “see” in our mind’s eye. Often, we will get pictures for people we are praying for, or for ourselves, as we ask God for insight or answers. These pictures are as powerful and profound as words. They are a gift of the Spirit of knowledge in the moment or for the future.

### **Prompt:**

This practice can be done alone or in community. If alone, settle yourself in a private area. Take a few breaths to calm your body and brain. Open your hands, palms up, into a position of receiving. Gently pray, “Come, Holy Spirit... speak or show me what I need to know.” Then wait. Notice what comes to your head. You may see a picture or image in your mind. Ask the Spirit what it means. Notice the impressions you hear or see after asking this.

If praying for someone, ask the person about their need or issue. Gently pray, “Come, Holy Spirit... speak or show us your direction.” Then wait. Notice any words or images and then pray those out loud to God with the person. Open your eyes. Notice how the person is impacted in their bodies or emotions by what the Spirit is showing. Ask them if they understand what you are praying and respond appropriately. Keep praying until you sense the time is finished.

### **Notes:** Markers of Visions & Pictures in Prayer

- Practice and prayer are interactive between Spirit and pray-er and pray-ee.
- Prayer is guided by God’s love for person and then for direction.
- Prayer is guided by impressions, words or pictures received from Spirit.
- Prayer includes noticing the response – bodily or emotionally -of pray-ee.
- Prayer alone is marked by sweetness and space for pictures AND words.
- Prayer with a vision often feels epic, like watching a movie unfold.
- Prayer with words and pictures begins to feel familiar and like a road map by which to partner with the Holy Spirit in the moment, whether alone or with another.

**Journal:** Write down any pictures/visions/words you received while praying. What do they mean to you if you prayed alone? What did they mean to the person or you if you prayed with someone? What was different when you prayed and received pictures/visions. What felt good about it? What felt weird about it? Express how you felt about God while you prayed. Express what you felt from God when you prayed. Notice any of the pictures you received that seem unfinished and continue to pray about those things.

