

C O M E

Holy Spirit

SIMPLE PRACTICES FOR PARTNERING
WITH THE HOLY SPIRIT

PRACTICE: DISCERNMENT AND THE HOLY SPIRIT

“He gives one person the power to perform miracles, and another the ability to prophesy. He gives someone else the ability to **discern whether a message is from the Spirit of God or from another spirit**. Still another person is given the ability to speak in unknown languages, while another is given the ability to interpret what is being said.”

1 Cor. 12:10

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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 the participant with the presence of the Spirit and awareness, in the moment, of what is from God and what isn't. Since our battle is spiritual, at times, a person can be harassed or tormented by a spirit from the “other side” – a demonic spirit. Also, discernment helps us partner with the Holy Spirit and not pray out of our own ideas or motivations. Discernment shows us the difference between God's flow, demonic activity, and/or selfishly motivated agendas in prayer. Practicing this “practice” is meant to create a familiarity and sensitivity to when the Holy Spirit is near, and we are cooperating with Him in battling evil or fleshly issues.

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... help me learn discernment of you and other spiritual activity.” Then wait. Notice how your thoughts are tracking. Recognize doubt, accusation, or shame. Recognize affirmation, encouragement, gentle conviction. Note the difference and internally say NO to any accusation or shaming voice.

If in community, when praying for someone, gently say, “Come Holy Spirit” and silently ask for discernment, especially in times when the prayer request isn't clear or specific. Wait. Notice if the Spirit highlights that something bad or evil is at work in the person. Pray with firm command against that thing, i.e. fear, shame, addiction, etc. – all are things from the enemy over which Jesus has given us authority. Keep your eyes open. Note how the person responds. You may see sharp body movement or a noticeable relaxing as the negative spirits are lifting. According to your observations, pray for more freedom and/or ask the Holy Spirit to fill the place the bad stuff left behind with His gifts and goodness. Keep praying until you sense the time is finished.

Things to Notice: Markers of Discernment

- Awareness of accusatory, fearful, and/or hopeless thought processes
- Awareness of tension, fear and/or resistance in yourself or the pray-ee
- Sharp, involuntary body movement
- Distinct relaxation of the body
- A sense of gentle and/or strident authority as you pray against negative things
- A strong or gentle “welling up” of emotion and/or tears
- A need to ask the Spirit to “fill” or “replace” something in yourself or the pray-ee

Journal:

If privately discerning, write a list of the varying thoughts that tracked through your mind. Identify each one as from God, yourself, or an evil source. Read through your list and notice how the different tracks relate. Note your emotional responses to the list.

If discerning for another, write a list of the varying prompts the Spirit gave you about the person. Identify each one as from God, yourself, the person, or an evil source. Go through each category. Invite the Holy Spirit to point out what is from Him and what is not. Note the differences.

