
Receiving From God through Internal Feeling

Exercise 1

Quiet yourself before Father God...speak praises to Jesus...then, ask the Holy Spirit to show you **where your values have inhibited your ability to even want to give encouragement, comfort or strength** to another. **Example:** your need to be productive can make you task oriented to the exclusion of spending time with God and others. Write what you hear below:

TIP: God submits to the protocols we're teaching—*He wrote them*—so if what you hear is strengthening, encouraging, and comforting, you can be confident it's Him.

Exercise 2

Begin to cooperate with God to change your values towards spiritual gifts and prophecy. Ask Him to forgive you for partnering with productivity or anything else He highlighted in Exercise 1. As He reveals your values, ask Him what truth about your spiritual giftings He wants to share with you, and write that down.
