Developing Our Spiritual Senses (English)

"Seeing" Activation #1 – The neighbor brings flowers

1. Invite Jesus Christ into this exercise – He is the Door
2. Close your eyes, see yourself sitting in a living room
3. The floor is wood, light brown in color
4. There is a beige sofa with a floor lamp at the end
5. Do you smell roses in the room?
6. The sun is shines through the windows, do you hear the birds outside?
7. The neighbor is mowing the yard, do you hear the mower?
8. Grandmother enters the room, wearing a light pink dress and a white apron
9. The doorbell rings, do you hear it?
10. The neighbor is bringing flowers. You greet and shake hands. Do you feel her hand?
11. You take the bright pink tulips from her, then say goodbye
12. You take the flowers to the kitchen to put in a vase. You put water in the vase. Do you hear the water running?
13. Grandmother enters the kitchen. Lunch is ready. Can you already taste the Rostbeef?

"Seeing" Activation #2 – Jesus comes to breakfast!

1. See yourself sitting at a table in the garden with Jesus. It is quiet, sunny, the air is fresh, you feel relaxed
2. You begin telling Jesus that something is troubling you, tormenting you actually. He warmly smiles and invites you to go on.
3. It's about some tormenting fears you have: You are afraid that something will happen to you; that your children will get in trouble; that something will happen to them (accident, etc). You cannot get rid of these fears. It's like these fears sit around your breakfast table and torment you every morning
4. Jesus asks you to invite Him to breakfast tomorrow morning!
5. Sure enough, the next morning the "tormenters" are already there! You remember to invite Jesus. He comes in - sees them too. Yes they are really there!
7. But He sits next to you, puts His arm around you, smiles at *them* and let's them know that He loves you, and that you are secure in Him. They don't stand a chance!
8. These tormenting demons start so shake and slip away! Perfect love casts out fear! *He encourages you to invite Him more often*!

"Seeing" Activation #3 - He restores my soul

1. See yourself (woman) sitting with Jesus on a bench in the country. It is quiet, the air is fresh, you feel relaxed with Him. You want to talk to Him about something very personal. Something happened when you were a teenager.
2. He smiles warmly, assures you that you can talk to Him about it.
3. You begin to tell a story of what happened when you were 17. You were together with a young man, and in a short time, you were getting deeply involved in a sexual way with each other. You both lost your purity this night. You always felt something precious was taken from you, he felt the same for himself. It's gone. You can never get it back. You ask Jesus, what you can do?
4. He reminds you of His promise to restore your soul. He is pleased that you are not ashamed to regret it. He knows you are really sorry for what happened.
5. He asks you to take your hands, and pull all of the shame, the pain, the loss, the condemnation from your heart/mind – (take time to pull everything out that is there).
6. Then He asks you to take from His heart: the mercy, the kindness, the forgiveness, the cleansing, the acceptance, the victory that He won for you. Your wounds start to heal, faith begins to grow, freedom and peace come – more each day. He loves do restore souls!

"Seeing" Activation #4 - The Conversation with the Father

John 5:19 Jesus, the Son, can do nothing of Himself, only what He sees the Father doing.

1. You knock on the door of the Father's house and ask if you can talk with Him.
2. He gladly welcomes you. He tells you that He has all the time you need. Tears begin to come into your eyes. You never heard your earthly father talk like that - having all the time you needed.
3. The Father sees your tears. He draws you close to Himself.
4. . . . now let the Holy Spirit lead you in continuing this conversation with the Father. (How do you want to continue it . . . ?)

"Seeing" Activation #5 – Parable of the Sower - Matthew 13:3-9

(read very slowly and visualize what you "hear")

3 "Consider this: There was a farmer who went out to sow seeds. 4 As he cast his seeds, some fell along the beaten path and the birds came and ate them. 5 Others fell onto gravel that had no topsoil. They quickly shot up, 6 but when the days grew hot, they were scorched and withered because they had insufficient roots. 7 Others fell among the thorns, so when they sprouted, the thorns choked them. 8 But other seeds fell on good, rich soil that kept producing a good harvest. Some yielded thirty, some sixty, and some even one hundred times as much as he planted! 9 If you're able to understand this, then you need to respond." (KJV 13:9 Who hath ears to "hear", let him hear.)

Activation #6 – Journaling: having a writing conversation with Jesus; listen for the "flow" as you write

Philippians 4:13 I can do all things through Christ who strengthens me.

Me: Lord, thank You for this declaration over my life. I want to see me as You see me - able to do all things through You.

Jesus/HS: Then you must see yourself in the Spirit. I make all things new! You keep looking at the old you, but I see a new you.

Me: It's true. *Some* things in my life look new. But so many things do not look at all like You. I feel so condemned and discouraged some times.

Jesus/HS: Didn't I promise to strengthen you? Is My Word true or not?! Does My Word have power? Please let Me live in you! Let Me live BIG in you!

"Seeing" Activation #7 – Seeing Heavenly Places

Colossians 3:1 If ye then be risen with Christ, seek those things which are above, where Christ sits at the right hand of God

1. Take your position with Christ in heavenly places – can you see yourself there with Him?
2. He is at the right hand of God – are you there with Him?
3. Can you see yourself seated there with Him? (Eph 2)
4. Ask Him to show you a courtroom in heaven
5. What do you see now? Do you see the doors?
6. Ask if you can go in. What does He say? You enter.
7. Look around the courtroom – what do you see?
8. Is there a judge present? Are other people present?
9. Turn around and exit the courtroom.
10. Have you now seen that there is a courtroom in heaven?!