



## *HOW TO SOAK IN THE SPIRIT*

An explanation of using and working with "soaking" materials by Graham Cooke.

### **MAKING THE MOST OF YOUR UPGRADE**

Find a quiet place where you may listen without interruption. It may be your car, a plane, a coffee house, a beach, hilltop, or a quiet room in your house.

Relax, be still, turn off every distraction. Breathe deeply and slowly. Allow yourself to become open to the Heart of the Father.

Listen to each segment several times. The first few times, just soak in the voice and the words. do not seek understanding. Seek the passion, love, and joy in the heart of the Father for you.

Enjoy the listening. Let it wash over you, affirm you, and connect your heart to the Lord.

When you are ready, listen again and (if available) follow the transcript of each prophetic statement. Allow your heart and mind to be refreshed. Listen and read several times. Write down any thoughts, impressions, or scriptures that come to you.

If provided, use the questions at the end of each segment as a guide to your thinking and exploration of each theme.

If you're thinking is challenged, search the scriptures to determine the truth. If your spiritual experience is confronted, investigate the reality of the word with the Word.

Remember: if it is too good to be true, it's definitely the Truth!

If your emotions are touched by the Lord, seek the healing that comes from His hand. Allow the wholeness to take effect.

Write a crafted prayer for each segment.

It is good to seek the Lord while He may be found!

Allow the Lord to upgrade the way you sit with Him. Lean into His Presence and permit your heart to delight in Him as He delights in you.

## ***MEDITATION:***

### ***THE ART OF THINKING WITH EXCELLENCE***

To meditate means to think deeply about something or someone. It means to explore with mind and heart, allowing what you think to touch your innermost being.

Meditation is creative thought which leads us to the higher realm of revelation and wisdom. It takes us beyond the place of reason to where joy is seated and faith is activated.

Meditation allows us to search inside and outside the box of our current paradigm. What you see and hear there touches you profoundly. It adds a ring around the core truth of Christ, which is God within, the certainty of freedom.

Fruitful meditation is, therefore, not casually seeking revelatory insight. Initial creative thoughts are merely the "X" that marks the spot. There is treasure in meditation, a guarantee of wealth in the pursuit of God.

Many are satisfied with collecting random truths on the surface of their consciousness. It is good, wholesome stuff, but it does not satisfy and it cannot challenge the complexities of life in a warfare context.

Deep truth has to be mined over days and weeks. It takes joy and patience to take truth down to its deepest level. This is a depth beyond merely meeting our current needs... beyond the depth of

understanding the power it releases to us against our adversary; we must find truth down to the depth where God lives in the highest places of Heaven. For all meditation must ultimately come before the throne of His majesty, sovereignty, and supremacy. He fills all things with Himself.

Our current situation requires wisdom, but even more it yearns for presence. Meditation allows us to experience both, through the word coming alive in our spirit. Meditation leads us to God and the permission of His heart. Learn to be in the question peacefully with God. Let the Holy Spirit teach you how to abide. Turn inward and rest. Wait patiently... He will come. When your heart gets restless, turn to worship. When the interior atmosphere settles, return to listening.

Write down initial thoughts but do not pursue them just yet. Do not be distracted by what you hear initially. Set it aside and come back to it later.

When first entering a lifestyle of meditation, take care to ease into it slowly: an hour at first, then longer until half a day, and so on.

Meditation always has a focus; do not try to wait in a vacuum. In our materials, prophetic segments are typically followed by a series of questions. This is both to give you practice in thinking deeply and to bring you into the place of fellowship that allows revelation to become experience.

Use the questions as the Spirit leads. Enjoy the thought patterns of the Holy Spirit. He will enjoy being with you in the process. He loves to tutor you. Enjoy his company.

*Graham*