

CONNECT WITH GOD THROUGH MOVEMENT

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You connect with God through movement. When you are physically moving, you are able to remove distractions and thoughts from the day to give God your full attention and affection. You connect with Him best by moving - whether it's running, walking, dancing, working with your hands, or changing positions during worship. In movement, you are able to hear God's voice clearly. You have learned to hear and obey in movement. When you move, you are being led by the Holy Spirit in the simple actions of taking steps, but He also meets with you in this space to lead you into more intimacy through obedience. Movement releases faith and freedom, which opens the door to a childlikeness that gets you into God's presence.

SUGGESTED ACTIVITIES

- Go on a prayer walk or run and talk with God.
- Be aware of what movements guide you into connecting with God.
- When you move, allow distractions to fade and invite the Holy Spirit to speak to you.
- Talk to the Holy Spirit and listen while you exercise.
- Pray, "Speak Lord, your servant is listening!"
- Listen to the Bible while you are moving.
- What do you enjoy doing? Invite the Holy Spirit into your everyday activities.
- When you feel overwhelmed, get up and move. Go on a walk and ask the Holy Spirit to speak to you.
- In your daily encounter, move into different rooms or spaces.
- Physically act out Scripture or prophetic movements. (Example: Physically throw your burdens onto the Lord, put on the armor of God, etc.)

SCRIPTURE

Genesis 1:1-2, Genesis 3:8, Genesis 12, Exodus 14, Numbers 9:17, Psalm 23, Psalm 116:9, Isaiah 40:27-31, Acts 17:24-28

ENCOURAGEMENT

Become aware of His Presence when you are moving. When you feel His Presence come, acknowledge it by raising your hands, kneeling, clapping, thanking Him, etc. This is how you are intentional with God during your daily encounters. It's important for you to discern the difference between connecting with the Lord through movement, and staying busy. A husband and wife can talk while doing the dishes, but there is time set apart for dates where the focus is to be together. Make sure the time you set aside to move is in the pursuit of connecting with God. Don't limit your encounters to just one type of movement. Ask God what movement He wants you to engage in to encounter Him.

BOOKS

- The Practice of the Presence of God by Brother Lawrence
- Hosting the Presence by Bill Johnson