



Intimate Relationship with God

by Sandy Walker

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www.supernaturaldiscernment.com

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Summary: This short book is a compilation of a few articles I've written to help you draw closer to God. They are simple, practical discussions of what it means to walk with Jesus and experience His presence, His Love and His help in daily life. There are more articles like this as well as some on deeper topics on my website:

<https://supernaturaldiscernment.com/>



Sandy Walker has been a leader in the Christian church for over 25 years. She enjoys mentoring other believers and teaching them what Jesus has taught her. Her passion is to equip people to establish the kingdom of God in their sphere of influence through intimate relationship with Jesus Christ. You can contact Sandy through <https://supernaturaldiscernment.com/>

Table of Contents

[Intimacy with Jesus Christ](#)

[Companionship with Christ](#)

[Look for Him – He's right there ♥](#)

[Breathing with God](#)

[Awaking to the Presence of God](#)

[Living in the Manifest Presence of God](#)

[The Love of God – New Access Point](#)

[Soaking in God's Presence](#)

[Presence Based Worship Songs](#)

[Help Me, Holy Spirit!](#)

[How to Pray & Hear from God](#)

[Contact Information](#)

Intimacy with Jesus Christ



Having a deep, personal relationship with Jesus Christ is better than any relationship you can have with another human being anywhere in the world.¹ When you know Him and you allow Him to know you (to come into your heart and life) – it’s the best thing you can ever experience. **I don’t even have words to describe the incredible benefits that this life-giving connection has on your body, soul and spirit.**

We all long for connection. To feel like someone “gets” us or understands us on a very deep, personal level. Have you ever had a special experience happen to you and afterwards you immediately thought of that one person you wanted to tell? Why did you think of them specifically? Because you share a very personal connection with them and they would understand why that experience was so special to you.

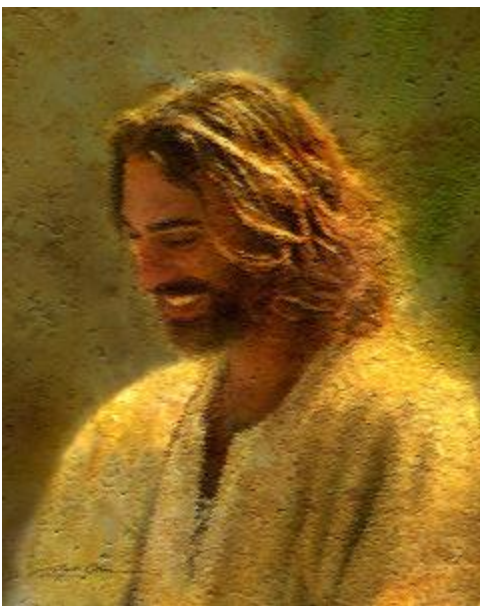
That’s called intimacy – when we know someone well and they know us well. We often share that kind of intimacy with family members – we’ve known each other all our lives so there’s a certain degree of intimacy. They remember what we were like as kids or

¹ Photo of Jesus: [The Gospel According to Matthew movie](#)

they were part of significant events in our lives. Shared experiences build a certain kind of intimacy.

But even then, there's a deeper intimacy we can have with someone where we CHOOSE to share ourselves with them. We find that one special person that we like and trust. It might be a family member or a best friend. With this person, we share our more personal thoughts and emotions, our dreams and our fears – the kind of things we don't share with just anybody. We reserve them for that special person.

Jesus Christ can be that special person, if you let Him.²



One thing that's really cool about Jesus Christ is that He's God's Son. God knows everything! So when you become close to Jesus, He already knows everything about you. I love that. No need to keep secrets or wonder if you should tell Him something – He already knows! This makes Him a great friend because He already knows your favorite color, your favorite music or movies or books, your favorite flavors, your favorite places, etc. Usually it takes a long time for someone to care that much about you to learn those kinds of things and remember them. He already knows all that stuff! (And He loves who you are!)

He also remembers everything. This is helpful when you are dealing with something from your past that you need to talk to someone about. He was there. You can talk to Him about anything because He knows what happened and He can empathize with

² Painting of Jesus: [Joy of the Lord by Greg Olsen](#)

your emotions about the event (good OR bad or both). This is so incredibly comforting. He lived on the earth so He knows all the stuff we struggle with – the good, the bad AND the ugly. He really knows what it's like so you can trust Him to understand what you're going through. He wants to be there for you. And He's a GREAT listener. ♥♥

No one understands like Jesus Christ. He “gets” you like no one else on the face of the planet can. He feels what you are feeling. He knows what you are thinking. He loves to hear your voice and to have you talk to Him. Like He literally gets excited to know that you want to talk to Him! He waits to hear your voice.



So, what are you waiting for? Just talk to Him. From your heart. Be honest. Be real. Just be yourself. Then do it again the next day. Then the next. Pretty soon you'll be very close and you'll wonder how you ever made it through a day without spending time with Him.

Questions? You can ask them here: [Intimacy with Jesus Christ](#)

Companionship with Christ

Did you know that you can enjoy the companionship of Jesus Christ?

I don't often hear this mentioned when people discuss matters of faith. Jesus Christ is real – He's alive and active in the world today. He wasn't just a historical figure known for teaching people to love one another. Most people have heard that he was killed (crucified, you've seen the statues, right?), but did you know He also rose from the dead? (Maybe it's a little harder to make that into a statue.)

Jesus is the only one who died, came back to life in his physical body and then went to heaven (without dying again). What's unique is that He told His disciples before He left – I will always be with you. (Matthew 28:20)

This is not something theoretical – this is real and practical. Have you ever experienced the companionship of Christ?



The other night I was laying in bed thinking of something – praying about something that was on my mind. I can't recall now exactly what it was. Probably worried about someone I love – that's usually what's on my mind before I fall asleep. As I was talking to Jesus, I became aware of His presence. One minute I was alone in the room, talking

to the ceiling and the next minute I was not. He was there. It was a gentle, comforting sense that He was listening, paying attention, keeping me company.

I was reminded that Jesus said, I will ask the Father and he will give you another Comforter. He will never leave you. (John 14:16)

In The Message Bible, it says it like this: “I will talk to the Father, and he’ll provide you another Friend so that you will always have someone with you.”

That’s really unique. A Friend who will always be with you.



Companionship is really important – we are not meant to do life alone. Though if we’re honest, most of us feel alone. In our innermost thoughts and worries, no one really knows what we’re thinking or how we are feeling.

Even when surrounded by other people, many people feel alone. There’s just no way another person can know what it’s like to be YOU.

Except Jesus. He’s the exception – He can know. That’s really amazing, isn’t it?

When you invite Him into your life, He brings with Him the knowledge He has about you, about life, about other people and what they are like. And most of all – He brings His love, His comforting presence, His companionship.

He wants to be our companion in life. He wants us to enjoy His friendship – to be aware of His ever-present help and support.



I love that about Him. Think about the story of Adam and Eve in the garden. It was God who came looking for them.³

Why? To spend time with them. You get the impression from the story that He often came “walking in the garden in the cool of the day” to

hang out with Adam and Eve. He likes our company.

I encourage you to consider the companionship of Christ. He can be with you if you’d like. Ask Him to make you aware of His presence. Talk to Him. Look for Him. Give yourself permission to enjoy and receive His friendship.

He likes you and He enjoys being with you. ♥

Questions? You can ask them here: [Companionship with Christ](#)

³ Painting of Jesus and little girl: [Hand In Hand by Greg Olsen](#)

Look for Him – He's right there ♥

*“He meant us to see Him and live with Him and draw our life from His smile.” – A. W Tozer, *The Pursuit of God**

I read this back in 1990 and was blown away. My heart “knew” this statement was true, but I didn’t know anyone who knew God like this. Not a soul. At the time, I was surrounded by the most on-fire Christians I could find. I had just spent two years in Bible College with a bunch of radical students who wanted nothing more than to give their lives for Jesus, going anywhere He wanted them to go. Then I joined a youth organization known for its mission work around the globe. I had just arrived at a new base that was birthed out of one man’s passion to see revival brought to America.

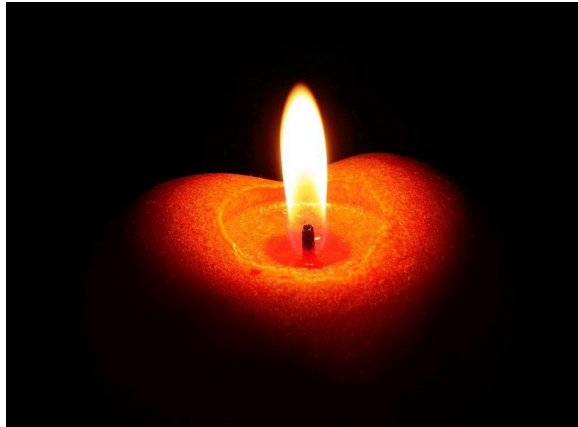
Yet this simple statement seemed incredulous to me. If this was true, if this man experienced God that way, then why didn’t I know anyone else who had? If this was possible, why oh why, didn’t everyone walk with God like this?!

I became determined that THIS would be my life. That I would “find” God like this as though my life depended on it. Because in my heart, I knew it did.

“To have found God and still to pursue Him is the soul’s paradox of love, scorned indeed by the too-easily- satisfied religionist, but justified in happy experience by the children of the burning heart.”

– A. W Tozer, *The Pursuit of God*

The “children of the burning heart” – that described me perfectly.



I am happy to say that NOW – I do experience life with Him like that. I DO see Him, live with Him and draw my life from His smile... Every. Single. Day. It really IS possible (even for you). Peter, one of the followers of Jesus said, “God is no respecter of persons” (Acts 10:34, The Bible). That means ANYONE can come to Him and “see” Him. Whosoever will ... may come to Him because He is a rewarder of those who diligently seek Him (Hebrews 11:6, The Bible).

So, what does that mean? Elsewhere I have written [about the 5 senses](#) we have in our spirit or soul. We can use these 5 (or 6) senses to interact with Him, to “see” Him in our daily experience. Jesus used these senses. Here’s some examples from the Bible:

“Then Jesus answered and said to them, “Most assuredly, I say to you, the Son can do nothing of Himself, but **what He sees the Father do**; for whatever He does, the Son also does in like manner.” (John 5:19)

“When **He saw their faith**, He said to him, “Man, your sins are forgiven you.” (Luke 5:20)

“I can of Myself do nothing. **As I hear**, I judge; and My judgment is righteous, because I do not seek My own will but the will of the Father who sent Me.” (John 5:30)

“And the scribes and the Pharisees began to reason, saying, “Who is this who speaks blasphemies? Who can forgive sins but God alone?” But when **Jesus perceived their thoughts**, He answered and said to them, “Why are you reasoning in your hearts? Which is easier, to say, ‘Your sins are forgiven you,’ or to say, ‘Rise up and walk’?” (Luke 5:21-23)

“Then the devil left Him, and behold, angels came and ministered to Him.” (Matthew 4:11)

Jesus not only interacted with God in the unseen realm, He also interacted with the devil and with angels. And he could perceive other people’s thoughts. He showed us what was possible as a son or daughter of God.

It’s not “out there” – it’s right here, in our midst.

“A spiritual kingdom lies all about us, enclosing us, embracing us, altogether within reach of our inner selves, waiting for us to recognize it. God Himself is here waiting our response to His Presence. This eternal world will come alive to us the moment we begin to reckon upon its reality.”

– A. W Tozer, *The Pursuit of God*

Wow! What a statement. This spiritual kingdom is “within reach of our inner selves” – that means we don’t use our outer 5 senses to perceive it. We use our “inner” 5 (or 6) senses. It is “waiting for us to recognize it” and “God Himself is here waiting” – doesn’t that make you want to stop what you are doing and look for it? It makes me excited just thinking about it.



We can actually learn to interact with the unseen realm on a daily basis. I've proven it in my own life by actually DOING it. I love that last line above "This eternal world will come alive to us the moment we begin to reckon upon its reality". So very, very true. The first step is to "reckon upon its reality" – admit that it exists. Choose to believe what our natural eyes and ears cannot see or hear. That's the first step – FAITH.

But this is not "blind" faith, meaning that you just believe with no proof whatsoever. I promise you, that if you will step out and "reckon upon its reality", you will get plenty of proof – over and over and over. I experience this every day. Jesus experienced it in His lifetime on earth. YOU can experience it too.

Just step out .. play the "what if" game. What if that spiritual kingdom really was all around me? What if God is real and He can speak to me? What if I really do have the capacity to live with Him and draw my life from His smile? What if it's really real?

One of my friends started using this catchphrase “The Kingdom is Real!” Whenever we encountered the unseen realm and chose to believe, we were rewarded (remember He rewards those who diligently seek Him?). Then she would say, “The Kingdom is Real!” Saying something out loud repeatedly helps your cynical mind accept reality. It grounds it in your experience.

“So, how do I do this?” you may be asking. The first step is to believe you CAN do it. That God is eagerly waiting for you to find Him.

Then set aside time every day, throughout your day, to pay attention. Ask God to reveal Himself to you and then notice what happens. Spend time sitting quietly, focusing on the fact that there IS a spiritual kingdom all around you. Look around in nature and see the beauty of God reflected in His creation. Thank Him for that beauty and ask Him to open your eyes to see more.

We all have these [spiritual senses](#) – it’s part of who we are as human beings. What I’ve learned is that the more you pay attention to something, the more it grows. The more I choose to stop and focus on the fact that God is with me right now, the more aware I become of Him. It becomes a habit, a pattern, a familiar experience – in short, it becomes “normal” to feel God’s presence. The more you do it, the more natural it feels.

One word of caution – God rewards those who diligently seek HIM. I have seen people get into some pretty weird stuff when they tried to seek other spiritual phenomenon – like communicating with angels, seeking a spirit guide or contacting the dead. Don’t go there – it’s dangerous. It starts to mess with your mind in a way that’s hard for you to perceive, but everyone else can see it. It muddies your thinking – that’s the best way I can describe it. Stick to seeking GOD in this unseen realm and

everything else will fall into place. God is what your heart is longing for – trust me.
When you find HIM, you find everything you’ve ever been looking for.

“...in Him we shall find that for which we have all our lives been secretly longing.”

– A. W Tozer, *The Pursuit of God*

[A.W. Tozer's book online](#) (free) Read it – your heart will thank you! ♥

Questions? You can ask them here: [Look for Him – He's right there ♥](#)

Breathing with God

I was describing to a friend recently the experience of the presence of God. It is hard to describe in words of the natural realm. “Many people want to experience God’s presence,” she said, “but they don’t know how. You should share this.”

As I pondered how to teach someone the very first step toward becoming aware of the presence of God, this exercise came to me. I hope it helps you take your first step toward a deeper relationship with God.



Close your eyes and take a deep breath slowly. Imagine the Spirit of God filling you as you breathe in. Hold your breath and count to five mentally.

Let the breath out as you say, “Thank you, Jesus.”

Set a timer on your cell phone for one minute. Do the breathing exercise. You can use different phrases like, “I love you, Jesus” or “You’re wonderful, Jesus” if you want to add variety.

Notice how you feel after doing this exercise. I feel relaxed, at peace and I have mental clarity.

Start by doing this exercise once a day. Once it feels comfortable doing this for one minute every day, set the timer for three minutes.

You'll notice an even greater peace and clarity of mind. You may begin to become aware of God's presence.

Don't start with three minutes if you have never done this before. Start with one minute. I know some of you want to skip ahead, but trust me on this. Take baby steps – this is a lifetime practice, not a quick fix. Taking it slowly now will payoff very well later. I promise!

Keep doing it every day. You can do this more than once a day, if you wish. It can be particularly helpful to do this while sitting in traffic, to reduce your stress (but keep your eyes open please).

After awhile you will look forward to your special time with God each day. That's when you can stop using the timer. Spend as much time as you want. The more you do this, the more likely you will become aware of God's presence.

Don't give up. Let your desire for God draw you to this time. **If you lack desire, then when you breathe out say, "Draw me, Lord."**

What is God's presence like? Some people sense a presence (or energy) of love or of peace. Others sense companionship – like someone is there with them and they are no longer alone. You'll know when it happens to you – it's personal and unique. ♥

Once you become aware of God's presence, you can do the breathing exercise longer, if you wish. It can help you stay focused on Him. You can share your thoughts and feelings with God. Or you may enjoy practicing Listening Prayer, another exercise to help you connect with God.

This exercise is so simple, yet it has profound effects.

Questions? You can ask them here: [Breathing with God](#)

Awaking to the Presence of God

When I woke up this morning, I felt the presence of God in my room. It was a soft feeling – like a warm cloud of love and attention. I was alone in the room. I became aware of it even before I opened my eyes. It was almost as if it was this Presence that awakened me. Like God wanted me to wake up so I could enjoy His presence and spend some time with Him.

How cool is that?!

Have you ever experienced that presence? Some people say they have experienced the “awe” of God when looking at the majesty of the mountains. Some have told me they feel the “peace” of God when walking deep in the forest with no other human beings nearby.

For some reason, it is easier to experience the presence of God when you are alone, I think. For me, I become more aware of it when I’m alone. If my husband had been in the room this morning, my attention might have been on him when I awakened. But since I was alone, the only thing I was aware of was this cloud of Love. It was sooo cool.

There was a time in my life when I really, really wanted to experience the presence of God. It seemed like such a struggle to tune everything else out and just feel His nearness. But then something changed in me a few years ago and now I feel His presence almost every day. It’s absolutely wonderful.

I remember one time I visited a very large historic church in Europe. The stillness inside this huge monument had a feeling to it – I’m not sure how to describe it. Kind of

like a deep peacefulness. I sat down and soaked up this feeling for a few minutes. But that feeling does not compare with the close, personal feeling of God's presence that I had when I woke up this morning.

I thought of this scripture verse, "When I awake, I am still with You." Psalm 139:18 It is the culmination of a meditation about God's Presence that starts with these words:

"Where can I go from Your Spirit?
Or where can I flee from Your presence?
If I ascend into heaven, You are there;
If I make my bed in hell, behold, You are there."
(Psalm 139:7-8)

So, if God's Spirit is everywhere, then why do I notice it more at some times than at other times?

I think because He wants me to know He is there. And maybe first thing in the morning there is nothing competing for my attention – so it's easier for me to notice His presence. At other times, I might feel it but in the busyness of life, I don't always take the time to pay attention, slow down and acknowledge Him. I'd like to pay attention more because His presence is really wonderful, you know?

Questions? You can ask them here: [Awaking to the Presence of God](#)

Living in the Manifest Presence of God

Abraham said, “The Lord, in Whose presence I walk ...”

“There’s a difference between living in the Omnipresence of God and living in the Manifest Presence of God.” – Alyn Jones, [Grace Center](#), Franklin, TN

We all live in the Omnipresence of God – God is everywhere. We can acknowledge that and live in that knowledge.

But there is a place of living in the Manifest Presence of God – where you KNOW HE IS THERE, right there where you are. You are tangibly aware of His presence. It’s amazing – it’s life-giving, it’s comforting, it’s fullness of joy.

You can know this place – you can walk with God like this. It’s not impossible. Truly.

Walk with Him and obey Him. What is He telling YOU to do? Do that. Just that and nothing else. Don’t try to EARN your way into His Manifest Presence. Just obey with all your heart the last thing He told you to do. Be faithful.

Cultivate an awareness of His Presence. I’ve spent my life chasing after Him and I am happy to report that I now live in His Manifest Presence. Every day. Every morning I wake up aware of His Presence. If I wake up feeling foggy, then I speak to Him until my mind clears and I am again aware of His presence. I don’t leave my bed until I do.

Just do it – you won’t regret it. Make yourself aware of His Presence. Talk to Him as though He is really RIGHT THERE with you. Because He is. You just don’t realize it.

“Our believing produces our receiving.” – Alyn Jones

Can you imagine what it would look like to live in God’s Manifest Presence 24/7?
Imagine the peace of knowing all your steps are ordered – never feeling rushed or worried. Being sure that all that you need will be provided when you need it – just like the sparrows.



Can you believe and can you trust enough to actually receive this in your heart? **That** is the question.

Painting: [“Immersed” by Linda Lee](#)

Questions? You can ask them here: [Living in the Manifest Presence of God](#)

The Love of God – New Access Point



We all long for Love – it is a basic human need. It is essential to our survival – both mentally and emotionally.

Yet it can feel very elusive – you think you found love and then it disappears. We desperately need a consistent, reliable source of Love in order to be happy and healthy.

For years, I searched for this Love. It was fleeting – I'd experience it here and there, but I never knew how to access Love when I needed it.

But then I read a book that totally changed my perspective. That book directed me how to find the Love I was looking for! And I found it! It totally changed my experience of life. Now I can access a reliable, constant source of Love ANYTIME I need it.

Can you say that?

I want to share with you the Truth that set me free from the search for Love. It has really changed me inside. I am so much more secure and happy. I no longer feel like I'm always looking for Love – because I already have access to it 24/7.

The book I read was [Experiencing Father's Embrace](#) by Jack Frost. One line in the book changed me. He said, **“You have already received all of the love of God that you will ever receive.” When you open your heart to Christ and invite His Spirit to come into you, He brings all of God's Love. You have it – right there inside of you!**

So instead of searching outside of myself for this Love, I discovered it was hidden in plain sight – inside my spirit! Then I had to figure out how to access it. I asked the Holy Spirit to show me how to tap into this Love. I think it's very individual – I can't really explain how to do it other than to say, ask Him and He will show you – it's inside of you, inside of God's Spirit in your inner being.

I also realized that anytime I feel completely alone, unloved, unwanted, rejected, abandoned, etc. – that is a LIE. I am being deceived in my mind. Because if God's Spirit is inside of me, then I am NEVER alone, unloved, unwanted, rejected, abandoned – NEVER. In fact, one day He showed me that **since we are one with Him, it's actually impossible to be alone. He never leaves us.**

The challenge was learning how to disbelieve the lies that felt so true – that were making me feel bad. I had to learn how to believe what God said and learn how to access the Love of God inside of me so that I could feel it. I know people say, “Don't go by your feelings.” but in reality, we are emotional creatures for a reason. God has feelings and so do we. They are meant to help us.

I am created for Love – God made me that way. He made you that way too. And you can FEEL His Love every single day. I promise. Ask Him to show you how. It really is possible – even for YOU.



**You were made in the
image of Love.
Love is the very essence
of who you are.
When you feel unwanted,
rejected or unloved,
remember this:
You cannot be unloved
because
Love is WHO YOU ARE.**

Now I can “soak” or “drink” up His Love in my heart, mind, soul, spirit and body anytime I want to – when I’m having a bad day, or I’m stressed or whatever. I’ve noticed since I started doing this that I no longer fear being rejected by other people. I realized that if someone rejects me (or doesn’t like me), it’s THEIR issue, not mine. I am already LOVED and valued and appreciated by the One that matters most in my life. We are commanded to Love each other and if they don’t love me, that’s their problem to deal with. I can just be ME!

I hope this inspires and encourages you. You are not alone. You are Loved. You can receive His love today – just ask Him to come and fill your heart with His love until you feel it. Open your heart and let it come in.

Questions? You can ask them here: [The Love of God – New Access Point](#)

Soaking in God's Presence

Lately it seems that the topic of Spiritual Soaking has been coming up a lot. Do you know what that is?

During the movement called the Toronto Blessing (back in the 1990's), the Lord showed John and Carol Arnott that they needed to learn how to simply sit in God's presence and "soak" in His Love. Imagine taking a warm bath – you fill the tub with warm water, add some essential oils or bubble bath to make it smell nice and then you slowly get in. You don't jump in, immerse yourself in the water and then jump out. The point of taking a bath is to relax, soak in the warm water, let your muscles rest and your soul unwind. You breathe in the scent of the fragrant oils and just BE. There's no rushing – the point is to soak until you feel relaxed and at peace.



The Lord taught many people how to soak and it changed their lives. The movement started in Toronto and it spread around the world.

Here's how I do it – I often do this alone, but I have also invited people over to my house for “soaking sessions”.

First I prepare the environment where I will be soaking. I pick a quiet room in the house. I remove all distractions (i.e. turn off cell phones, televisions, etc. and notify family that I don't want to be disturbed for a while). I close the blinds or turn down the lights so that there are no bright lights in my eyes. I put on something comfortable – sweats and a t-shirt or shorts.

Next I choose some “soaking music”. There are many musicians that specialize in soaking music. Some of my favorite are

[Julie True – Spirit to Spirit](#) is my favorite right now

[Alberto and Kimberly Rivera](#) – they have many soaking albums, most are “live” albums

[Laura Rhinehart](#) – her music is “deep” water



Then I sit in a comfortable chair or lay down. I close my eyes and let myself relax. It usually takes a while to get my mind to settle down. I take several deep breaths slowly and try to quiet my thoughts. Then I just let myself BE. I just sit there. I don't specifically pray or worship. I am just waiting in the presence of God – I open my heart to Him.

Often I will begin to feel the presence of God around me. The soaking music is uniquely crafted to help you “tune in” to God. I focus on God’s Presence. Just like being with another person – I focus on HIM and not me. I often ask Him to increase my awareness of His presence and He does.

(It’s okay if you fall asleep – it’s the intention that matters. His presence is so soothing that you might drift off. That’s okay.)

It is very relaxing and it restores my soul when I soak. I highly recommend it.

If you find that your mind wanders too much and you get anxious thinking of all the things you need to do, you can try two ways to manage this:

1. Grab a sheet of paper and every time something “urgent” or “important” comes to mind, write it down so you can think about it later. Right now, what is most urgent is for you to soak in God’s Love and Presence.
2. Soak with a friend - sometimes it is much easier to focus when someone else is there doing this with you. I have really enjoyed the soaking sessions I have hosted at my house - and people really appreciate it. It’s like going to the spa together. Everyone is so refreshed and happy afterwards!

Questions? You can ask them here: [Soaking in God’s Presence](#)

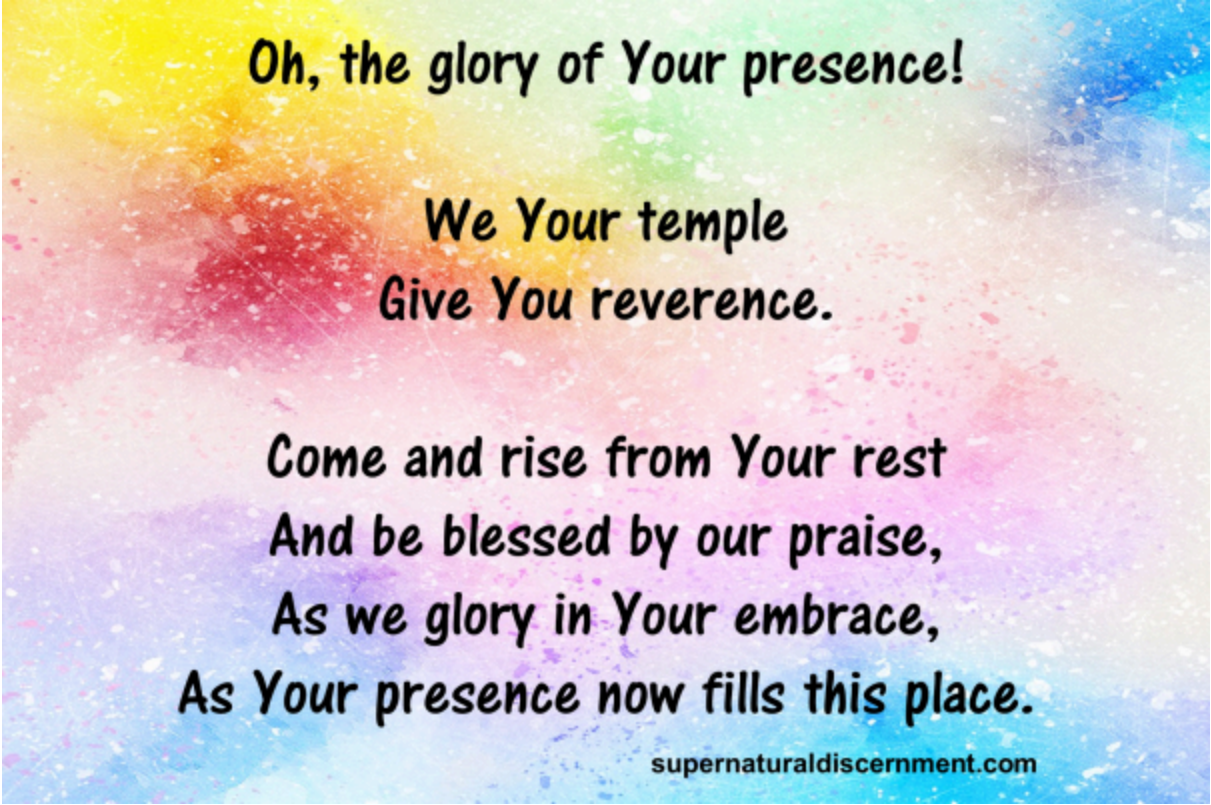
Presence Based Worship Songs

There are some songs that just seem to draw us closer to the Lord, aren't there? We all have our favorite songs we like to sing to God. But it seems like some songs just open up heaven and His presence fills the room.

I love the songs that talk about His presence. It reminds us that He is literally right here, right now, with us. It makes us more aware of His presence. Songs about the Holy Spirit also seem to have that effect.

Singing the same song over and over slowly is a way to meditate on the Truth that the song describes - to help make it real for you. In ancient times, most people couldn't read so singing songs helped them to remember the Truth they heard.

Here are some presence based worship songs that I never want to forget. I thought I'd share them with you - there's a link to each song on YouTube in case the song is unfamiliar to you. If the link no longer works, just search by the first line - that usually works.



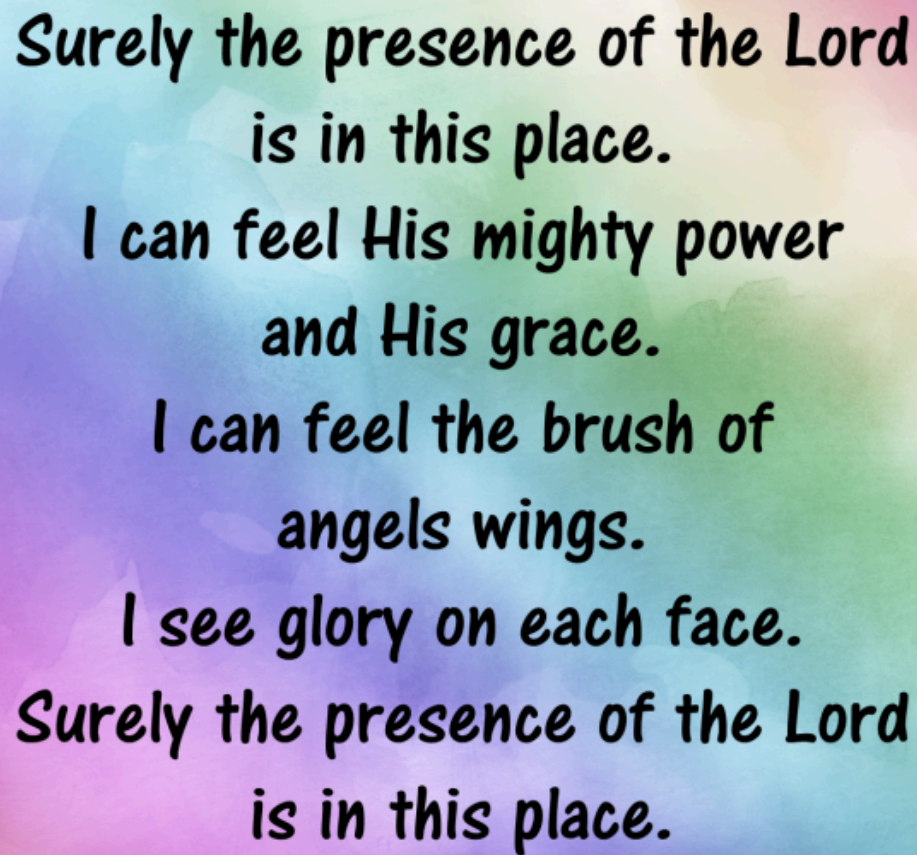
Oh, the glory of Your presence!

We Your temple
Give You reverence.

Come and rise from Your rest
And be blessed by our praise,
As we glory in Your embrace,
As Your presence now fills this place.

supernaturaldiscernment.com

[YouTube Link to Oh the Glory of Your Presence](#)



Surely the presence of the Lord
is in this place.
I can feel His mighty power
and His grace.
I can feel the brush of
angels wings.
I see glory on each face.
Surely the presence of the Lord
is in this place.

supernaturaldiscernment.com

[YouTube Link to Surely the Presence of the Lord is in This Place](#)



**We are standing
on holy ground.
And I know there are
angels all around.
Let us praise Jesus now.
For we are standing
in His presence
on holy ground.**

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[YouTube Link to Holy Ground Medley](#)

In the presence of Jehovah,
God Almighty, Prince of Peace,
Troubles vanish, hearts are mended
In the presence of the King.

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[YouTube Link to In the Presence of Jehovah](#)

Questions? You can ask them here: [Presence Based Worship Songs](#)

Help Me, Holy Spirit!

“Help Me, Holy Spirit!”

I have found this to be the BEST prayer for everyday life. The Holy Spirit is referred to as our Helper in John 14:26:

But the Helper, the Holy Spirit, whom the Father will send in My name, will teach you all things, and bring to your remembrance all things that I said to you. – Jesus Christ

Oftentimes we don't know what to pray. Life situations can overwhelm us. We can get so tired or so busy that it seems like an effort to connect with God.

Jesus said that the Holy Spirit would be sent to us by the Father. The Spirit has many functions – one of which is to help us! Isn't that cool?

I don't know about you, but I need help every day.



**HELP ME,
HOLY SPIRIT!**

When I'm trying to figure out what to cook for dinner and my mind is drawing a blank, I say, "Help me, Holy Spirit!". Pretty soon a dinner menu drops into my mind with the ingredients I need (or already have on hand). I know what to make and I know how to make it. Instantly!

When my family asks, "What is this?" I tell them, "This is a new dish – never before seen on the earth! It's a new creation. I hope you like it." They dig in and usually love it! But don't ask me to make it again because I won't remember how I made it. It's like art – you can't mass produce it and make "prints" from it.

When I haven't slept well and the day seems challenging with all that I need to accomplish, I often find myself walking toward the store saying, "Help me, Holy Spirit." I discover the energy I need to accomplish all that is on my list to do that day. When I fall into bed that night, I am often amazed at how much got done. I whisper, "Thank you, Holy Spirit, I know that was YOU." The Spirit can quicken our mortal bodies to have the energy we need to finish our daily race (Romans 8:11).

When a friend calls with a serious relationship problem or a deep question about the meaning of life, I silently pray, "Help me, Holy Spirit!", as I listen with my heart. Miraculously I open my mouth and say things that seem to help. Often times I've never even thought of the things I say – I learn even as I'm speaking! It's really cool – instant download of new revelation from the Holy Spirit. I call that "hands-on training". One minute I had no idea what to say and the next minute I sound like I have all this wisdom to help my friend. That's the Holy Spirit!

Jesus said the Holy Spirit would help us by teaching us all things. He also said the Spirit would bring things to our remembrance. That is very comforting – especially as

our minds age and we start forgetting things. Whenever my husband or I misplace something (i.e. keys, wallet or glasses), we cry out, “Help me, Holy Spirit!” and guess what? The missing item shows up. Every time.

I remind people who are in school that if they are struggling with a specific subject (Calculus, for instance) that they can pray, “Help me, Holy Spirit!”. They will receive supernatural “teaching” to help their mind comprehend what is necessary. And it can’t hurt to pray that same thing just before a test, asking the Spirit to bring to your remembrance the material that was studied. I often experienced supernatural memory recall when I was studying and taking tests for my Masters degree. It reduces your anxiety about big tests when you rely on the Holy Spirit to teach you and help you.

There are so many situations where this simple prayer can help

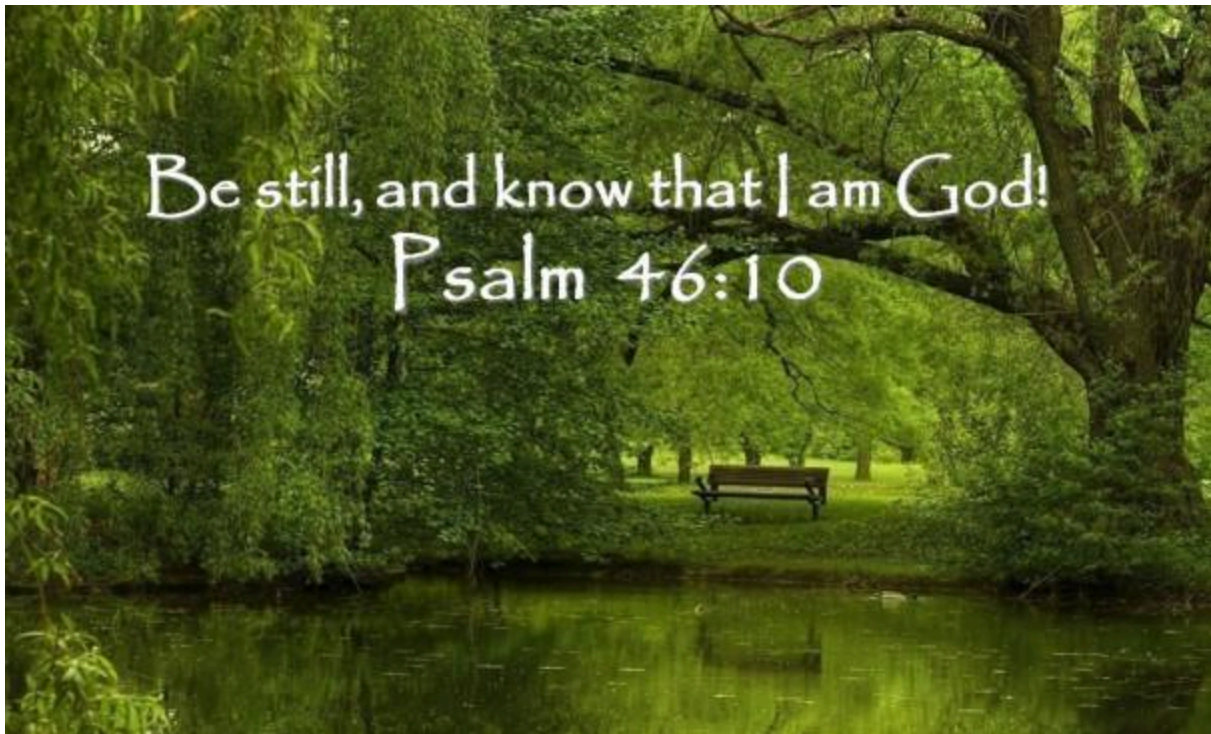
- making decisions
- parenting children
- choosing a career
- planning a vacation
- making new friends
- developing a business idea
- making sales calls
- writing a proposal

I encourage you to practice saying this prayer this week and then watch to see what happens. You will be amazed at the results, I bet! I always am.

I love this simple prayer! It cultivates in me an attitude of reliance on the Holy Spirit to lead me, guide me, teach me and help me.

Questions? You can ask them here: [Help Me, Holy Spirit!](#)

How to Pray & Hear from God



Learn to be still.

In our society of rushing here and there, constant mental stimulation from the media and multitudes of distractions, it can be very hard to simply learn to be still. This is an important aspect of prayer that many do not mention. **It's not fast, fun or easy.** It doesn't appeal to our desire for self-gratification. Learning to be still is very important because it teaches you to wait on the Lord and quiet your mind.

Invite God to speak to you.

We not only talk to God when we pray, but it is also a time for us to **listen** to God. **Tell Him you want to hear from Him.** Open your heart and be willing to receive whatever He says (even if you don't like it). He knows whether you will listen and obey Him or not so be sincere in your request. Lay down your natural willfulness and be open to what He has to say.

Listen.

This is part of waiting on the Lord. **Just like in a conversation – you speak and then you wait for the other person to respond.** Sometimes the Lord is quick to reply, but often He waits to see if you really want to hear from Him. It may try your patience. Just sit quietly and wait – sometimes He answers right away and other times He answers later, sometimes days later.

Obey – do whatever He tells you to do.

Obviously, if God tells you to do something, you should do it. Henry Blackaby says that God's ways are not our ways and His thoughts are not like our thoughts. They are so different that sometimes what He tells you to do **may seem wrong or crazy**. However, if you notice the pattern in the stories in the Bible, every person who was asked to do something by God **knew** it was God. It wasn't like "well, this could be me or maybe this is God". They **KNEW**. If you're not sure, then wait for Him to confirm it. Usually you can tell because it stirs your heart and you just **KNOW** you better do what He said. And often it is not easy – not something you would have come up with on your own.

Trust Him.

He really, really likes it when we trust Him. It's a big deal. We like it when someone trusts US and we get offended if someone does something that demonstrates they don't trust us, right? Why is that? Because we want people to trust our character and the intentions of our heart – that we will do what we say we will do. God is like that too – He likes it when we trust His character and His intentions, when we demonstrate that we believe He will do what He says He will do.



If you'd like some practical ways to get closer to God, I recommend the course: [Developing a Close Relationship with God: A Simple Method](#). The course teaches you how to focus so you can pay attention to God without distractions. You will also learn to recognize God's voice and become familiar with the different ways that He communicates. It provides simple activities you can do to interact with God. It's short – just 15 minutes a week for 4 weeks. It's online so it's available whenever you are. You can listen to it while you drive or when you exercise. It can make God more “real” for you – and that's priceless!

If you want to go deeper into having a relationship with God, I also recommend the book [Experiencing God](#) by Henry Blackaby. The [workbook version](#) gives you exercises where you can practice talking to God and hearing from Him. It's a lot of fun and it will also s-t-r-e-t-c-h you spiritually. I've read the book, done the workbook and taken a class on it. I've also taught the workbook with a small group once or twice. It is really life changing – you'll never be the same after you learn how to recognize the voice of God in your every day life.

“You will not obey Him, if you do not believe Him and trust Him.

You cannot believe Him if you do not love Him.

You cannot love Him unless you know Him.”

-Henry Blackaby, *Experiencing God*

Questions? You can ask them here: [How to Pray & Hear from God](#)

Contact Information

This short book is a compilation of a few articles I've written to help you draw closer to God. I hope you have found them helpful. There are more articles like this as well as some on deeper topics on my website: <https://supernaturaldiscernment.com/>. At this site, you can ask questions and I'll do my best to answer them.

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May God bless you as you continue to seek after HIM!



Sandy Walker has been a leader in the Christian church for over 25 years. She enjoys mentoring other believers and teaching them what Jesus has taught her. Her passion is to equip people to establish the kingdom of God in their sphere of influence through intimate relationship with Jesus Christ. You can contact Sandy through <https://supernaturaldiscernment.com/>