



the indwelling spirit

Fellowshipping with holy spirit

January 2008 Debra-Louise Cossu, praying for you!

Happy New Year and greetings from Kansas City, Missouri! In my first newsletter for 2008, the year to celebrate, I'm going to share on the topic of the Indwelling Spirit. **I'm going to share several specific examples of how to commune with Holy Spirit in a practical way**. Having taught the Encountering Christ Within class for so long, this is now one of my favorite topics! In my own life I have found it so helpful to have a set beginning point dialoging with Holy Spirit because the concept of 'talking to God' or 'communing with the Spirit' is so simple that it's actually often overlooked, and many end up doing it.

I have such a desire in my heart not to have just the memory of a life in the Spirit; but rather I want to have fresh relationship with Him **everyday**. I want my heart to be vibrant and alive and I want my heart to receive daily bread (***Mt. 6:11***). Getting a life in God and receiving this daily bread cannot be gained on the run or simply at a once or twice a week church service. It takes an intentional act of my will to sit down and commune with Him on a daily basis. **Communing with God is a huge part of fulfilling the greatest commandment, to love Him with all of our hearts (*Mt. 22:37*)** Loving Him with all of our hearts is not just shown by our outward actions or abstaining from sin (though those are both important); but as in any relationship it is the time spent in communion and fellowship that truly builds and strengthens the relationship.

5 practical phrases and examples

The best definition of **fellowshipping with Holy Spirit is simply talking to Him, or turning our thoughts into prayer**. My starting goal with communing with the Spirit is to set aside 3-5 minutes 4-5 times a day that I intentionally and purposefully stop what I'm doing, quiet my thoughts, and focus on Holy Spirit and the glory of God dwelling within me. **We can fellowship with the Spirit no matter where we are or what we're doing**. If you're in the middle of work or school, or you're at home with your kids, if you stop and focus your attention on Him and talk to Him; that is fellowshipping with the Spirit. God receives our love in those 3-5 minute times that we give to Him throughout our day and He calls it just as real and sincere as the guy who spends 3-5 hours! **Though our love is weak, it is real in His eyes. He calls even our weakest attempts to spend time with Him, the times when we're most distracted and cannot stay focused; He sees the intention of our heart and calls it real and sincere.**

Silence and solitude are imperative for connecting with the Spirit because they create an atmosphere in which the flesh is least likely to be stirred up. **"Be still and know that I am God" (*Ps. 46:10*)**. When I'm communing with the Spirit it helps me to picture one of two things; I either picture the **Holy Spirit burning like a flaming fire within me (*Song. 8:6*)**, or I **set my mind upon the throne of God in heaven (*Rev. 4*)**. I encourage you to go very slow as you pray these 5 phrases. Say one or two sentences, then stop and listen to what Holy Spirit wants to say to you, then say several more sentences. Next you can pray or sing softly in the Spirit (tongues) and then stop and listen again. This will be a challenge at first, but it will get easier to focus as the days and weeks go by as you continue to do it 4-5 times.

After doing this for 1-2 weeks, I guarantee that you will feel a shift on the inside of you and you will begin to feel changes in your mind, your will, and your emotions. You will see and feel a change because you are fellowshipping with the ever present unchanging reality of perfection and love on the inside of you: God Himself. He is alive, He never changes, He is dwelling within you, He is always in a good mood and He longs to speak and have fellowship with us even more than we long to fellowship with Him. What a glorious reality, that God dwells in man (*Mt. 13:17*).

- **Thank you Holy Spirit** – Recognize the Spirit’s presence inside simply by thanking Him for it. **Prayer example**, “Thank you Holy Spirit, for Your growing presence in me. I love Your presence in me. Apart from dialoguing (interacting/connecting) with You, I can do nothing.”

5 He who abides in Me, and I in him, bears much fruit... (*Jn. 15:5*)

- **Reign in my life Holy Spirit** – Ask the Indwelling Spirit to rule and lead your life including relationships, circumstances and finances. He will give you strategic alliances, new ideas and opportunities in each area of your life when you ask Him. He will order your steps and open doors for you. **Prayer example**, “Spirit lead me into my full destiny, grant me divine appointments (opportunities) and show me the way to Your purposes as You lead me away from Satan’s traps (temptations). I love Your leadership. Help me run with You as You establish God’s order in my home, job and ministry.” (*Song. 1:4, Mt. 6:13, Lk. 19:17, 27*)

17 Those who receive abundance of grace...will reign in life through Jesus Christ. (*Rom. 5:17*)

- **Strengthen me Holy Spirit** – Thank the Spirit for His strength in your emotions with the power that is already in your spirit (*Gal. 5:22-23*). **Prayer example**, “Thank you for the presence of Your love, peace, patience, and self-control that is in me” or “Thank You for warring against my flesh and guarding my speech” (*Ps. 141:3, Gal. 5:17, 22-23*).

16 ...To be strengthened with might through His Spirit in the inner man... (*Eph. 3:16*)

- **Teach me Holy Spirit** – Ask Him to teach you the truth about God and His Word and ways. **Prayer example**, “Holy Spirit, I love Your ways and thoughts. Reveal the knowledge of God and Your Word and ways to me.”

6 The Holy Spirit...will teach you all things... (*Jn. 14:26, 16:13*)

- **Use me Holy Spirit** – Ask the indwelling Spirit to use you more by giving you manifestations of His gifts of power to minister to others. **Prayer example**, “Thank you Spirit, for releasing Your gifts through me.”

7 But the manifestation of the Spirit is given to each one for the profit of all... (*1 Cor. 12:7*)

ENJOY THIS REALITY EVERYDAY!!!

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