

FOREWORD BY BILL JOHNSON

OVERFLOW  
OF THE

*Spirit*

HOW TO RELEASE HIS  
GIFTS IN EVERY  
AREA OF YOUR LIFE

MARK VIRKLER *and*  
CHARITY VIRKLER KAYEMBE

WHAT PEOPLE ARE SAYING ABOUT  
MARK VIRKLER, CHARITY VIRKLER KAYEMBE,  
AND OVERFLOW OF THE SPIRIT

I have had the privilege of working with Mark Virkler for over thirty-five years. Not only has his teaching on *Hearing God's Voice* impacted millions, but it has dramatically impacted my own life, as well as my wife Carol's life. In this new book, *Overflow of the Spirit*, Mark and his daughter Charity give a biblical impartation of what it means to be filled with the Holy Spirit, live out of the overflow, and do life from that filled up place. You are no longer on your own trying to live this Christian life, but walking in communion with God the Holy Spirit.

—John Arnott

Founder, Catch the Fire Church  
Overseer, Partners in Harvest Network of Churches

It's one thing to receive gifts from the Lord. It's quite another to learn how to release what we've been given for the purpose and time God had in mind. Mark and Charity have joined together to invoke their gifts in the form of a book. As you open this book, prepare to read about what you've been missing. You may find it necessary to spend some time in prayers of repentance for allowing your gifts to lay dormant. Don't let "a time such as this" pass you by. Read this book and be prepared to overflow. Then help someone else release their gifts.

—Dr. Steve Greene

Publisher and Executive Vice President, Charisma Media Group

We are honored to once again endorse a life-giving resource authored by Mark and Charity. The reality of a close love relationship with the Lord Jesus shines through the pages as they present the vital truth that the constant infilling and overflow of the Holy Spirit is available, accessible, and possible on a full-time basis.

They communicate with such ease that flows from the richness of an in-depth study of the Word and ways of God, and a passion for walking out a lifestyle led by the Holy Spirit. With clear explanation, step-by-step guidance, story, and testimony, Mark and Charity open the door for us to live fully gifted, maturing in the Holy Spirit.

Thank you, Mark and Charity, for sharing your revelations and experiences in order for us to hear the voice of God more clearly, get to know Him more dearly, and express His fullness in our every sphere of influence!

—*Sharon and Trevor Baker*  
Revival Fires, Dudley, England

Most believers don't know how to release all the gifts of the Spirit resident in them. Finally, *the* how-to book has arrived!

—*Sid Roth*  
Host, *It's Supernatural!*

It would appear that Mark Virkler has captured the systemic insight into the Holy Spirit's working in a follower of Jesus. If you thought the *expression* gifts that are listed in 1 Corinthians 12 were the final landing place for the Holy Spirit to move in you...well, buckle up and hold on! Mark and his daughter Charity have given amazing insight into God's ability in allowing us to manifest the Spirit purposely and intentionally in our lives...beyond what we thought was the period at the end of the sentence. *Overflow of the Spirit* is an awakening, a delightful recipe for the hungry heart for God!

—*Fred Antonelli, Ph.D.*  
President, Elim Bible Institute and College

Mark Virkler and his daughter Charity Virkler Kayembe have written this book to serve as a tool that will facilitate spiritual growth in the life of a believer. They've drawn from their personal experiences and have summarized what has worked well in their ministry as teachers and disciple-makers. These have been refined and rewritten here as a "how-to" manual in order to produce authentic fruit in the life of anyone who is seeking to realize a more intimate relationship with God the Father, Son, and Holy Spirit.

As one who is committed to be a disciple and a disciple-maker, I highly recommend this book as a useful tool and methodology for mentoring a new believer who wants to grow in spiritual gifts and graces. It will provide a structured platform that will enable the believer to hear God's voice, to be guided by the Holy Spirit, and to live a life of faith that is pleasing to the Lord.

—Rev. John R. Miller, Ph.D.  
Professor, Regent University

Mark and Charity have done it again! They have taken a complex topic and made it simple. The mystery of being connected with the Holy Spirit isn't supposed to be a mystery, but an easy thing. Mark and Charity lead us step by step through the various aspects of how to live by the Spirit. The Bible truths, personal stories, and practical action exercises take each reader on the journey of living in the *Overflow of the Spirit*. Well done!

—Steve Long  
Senior Leader, Catch the Fire Church, Toronto  
Author, *The Faith Zone* and *My Healing Belongs to Me*

In *Overflow of the Spirit*, Mark Virkler and Charity Virkler Kayembe weave together Scriptures, journaling with God, and the power of testimony in a relatable manner to provide examples of how to live and walk by the Spirit. They provide practical and easy steps for how to pursue an intimate relationship with God and release the gifts of the Spirit in your life today!

—James W. Goll

Founder, God Encounters Ministries

I have read many books on the gifts of the Spirit and this is certainly one of the best. Mark Virkler and Charity Virkler Kayembe offer fresh biblical truths to encourage and enhance every believer. The seventy references for who the Holy Spirit is and what He does in and for the believer are tremendous. I received a fresh, supernatural education and awareness of the gifts. The action exercises and testimonies are fantastic. My faith was increased by the process of revelation-based learning.

—Rev. Ronald V. Burgio, D.Min

Senior Pastor, Love Joy Church

Author, *Living in the Spirit of Revival*

Dr. Mark Virkler and his daughter, Charity Virkler Kayembe, have written another *must have* book for your Spirit-filled library! More than just another book, this is a practical how-to manual when it comes to operating in the gifts of the Spirit. And they do believe that you *can* operate in all of the gifts of the Spirit!

I love the Virkler family books because they are always on-point, directing us to Jesus, while activating our spirits to engage with God's heavenly realities through the present-day ministry of the Holy Spirit. I highly recommend you get a copy for yourself, and a few additional copies for those you love. This book will equip you and do exactly what the title says, causing you to release God's goodness everywhere you go, through the *Overflow of the Spirit*.

—Joshua Mills

Founder, International Glory Ministries, Palm Springs, CA  
Author, *Moving in Glory Realms* and *Power Portals*

I love how God raises up writers who make seemingly complicated issues simple to understand, yet powerful when applied. Mark Virkler has produced over fifty-five books that do this well, but this one on the *Overflow of the Spirit* is made for us in times like these. It will refresh and renew my generation while calling forth a focused passion to influence our world and culture in the emerging generation. I highly recommend it!

—Dr. Joseph Umidi

Executive Vice President, Regent University  
Founder, Lifeforming Leadership Coaching



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MARK VIRKLER *and*  
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WHITAKER  
HOUSE

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## **OVERFLOW OF THE SPIRIT** **How to Release His Gifts in Every Area of Your Life**

Mark Virkler  
Communion with God Ministries  
3792 Broadway St.  
Cheektowaga, NY 14227  
[www.CWGMinistries.org](http://www.CWGMinistries.org)  
[cwg@cwgministries.org](mailto:cwg@cwgministries.org)

Charity Kayembe  
Glory Waves Ministries  
[www.GloryWaves.org](http://www.GloryWaves.org)  
[info@glorywaves.org](mailto:info@glorywaves.org)

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## **THIS BOOK IS DEDICATED TO OUR FRIENDS:**

**Brian McLaughlin**, for taking the Holy Spirit's miracle-working love and power into the public school, demonstrating the Father's heart for his students.

**Marcia Upson**, for taking the Holy Spirit's voice and wisdom into the marketplace, impacting the business world for the glory of God.

**Cheryl McKay Price**, for taking the Holy Spirit's anointing and creativity into Hollywood, proving God is the best Storyteller of all.

**Finally, this book is dedicated to every child of God** who is manifesting the Holy Spirit's grace and glory in the area of culture to which the Father has called them. May every sphere of society be transformed as sons and daughters of the King release His presence, gifts, and anointing into their world.

You are truly reigning in life!



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## FOREWORD

**W**hen I was asked to do the foreword, it was an easy decision because of Mark's writing and ministry. I was first introduced to his materials in the early 1990s, which equipped us to train many in the lifestyle of hearing God's voice. For those of you who don't know Mark, he has authored more than fifty-five books in the areas of hearing God's voice and Spirit-anointed living. His most popular books are *4 Keys to Hearing God's Voice* and *Counseled by God*. Mark is an avid student of the Scriptures and gifted teacher. He has established more than 250 church-centered Bible schools around the world. For more than thirty years, Mark has traveled extensively on six continents to conduct workshops on spiritual healing and developing intimacy with God.

*Overflow of the Spirit* is timely and much-appreciated work. Though there have been hundreds of books published over the years about the gifts of the Spirit, Mark takes a unique track combining theological perspective with fresh insight into the supernatural realm of the gifts of the Spirit. It is more than another book on the Holy Spirit; it is a textbook for the ages, perfectly designed for Bible colleges and seminaries, but written for all to examine and experience.

One of the distinguishing features is how each chapter ends with compelling stories of people who experienced the baptism of the Holy Spirit. Mark believes in the power of a story. He is a lover of stories and believes that they are powerful means of

communication, revelation, and insight. Our lives are our stories, and they resonate with others who have encountered God. Mark's reasoning for including these personal testimonies is summed up with these words: "Stories allow the Holy Spirit to speak directly to each of us individually, where we are right now, in a way that systematic theology cannot."

*Overflow of the Spirit* offers much more than the one amazing gift of speaking in tongues. It opens the door to an entire lifestyle of intimacy with the Holy Spirit; once this lifestyle is fully embraced, it will release the heavens and the provisions of God for your life.

Since the baptism in the Holy Spirit involves increased intimacy with the Holy Spirit, Mark shares keys to journaling throughout this book, showing a unique way to use two-way journaling. Hundreds of chapters of Scripture model this practice, including Psalms, the prophets, and even the book of Revelation. Two-way journaling opens you up to a deeper, more intimate relationship with the Lord than you may have ever experienced.

This book is all about experiencing God's life within and sharing the overflow with those around us. Both the church and the world desperately need to see this again. The overflow of the Spirit will cause the supernatural growth of the kingdom as people are healed, delivered, and set free.

—Bill Johnson  
Bethel Church, Redding, CA  
Author of *The Way of Life* and *Born for Significance*

## ACKNOWLEDGMENTS

Special thanks to Pastor Bill Johnson, Senior Leader of Bethel Church in Redding, and one of our generation's heroes of the faith. We are honored with his foreword to this book as he truly models the outworking of this message in his life, his church, and his school of ministry. We are grateful to partner with him in sharing the truth that every believer can flow in every gift of the Spirit in their everyday life.

Thank you for leading by example and demonstrating what a life overflowing with the Spirit looks like. Bless you!

We also want to acknowledge the wonderful publishing family at Whitaker House and especially appreciate Christine Whitaker and Don Milam for their important contributions to this project.

We appreciate our editor, Peg Fallon, who gave many thoughtful suggestions to help make this book the best it can be. It is also a pleasure working with our publicist, Karen Campbell, as well as Judy McDonough.

Releasing a book is always a team effort and we are so grateful for the anointed group of kingdom professionals God has surrounded us with. We appreciate your exceptional gifts, valuable support, and spirit of excellence in this endeavor. Thank you very much!

## INTRODUCTION – LIFE IS A STORY

*Mark Virkler*

**T**his book has taken many years to complete. Because I am a how-to guy, I have received many requests for a book on how to move in the gifts of the Holy Spirit, and I wanted to be as thorough and practical as possible. I began preparing to write the way I always do: with comprehensive biblical research, asking the Lord for revelation, and seeking counsel from spiritual leaders whom I respect. That's where I got stuck.

The baptism in the Holy Spirit is the gateway into the supernatural realm of the gifts of the Spirit. Jesus promised, "You will receive power when the Holy Spirit has come upon you" (Acts 1:8), the power of the Holy Spirit manifesting Himself through you into the world. Therefore, it seemed logical to me to start with a good, clear definition of what baptism in the Spirit is, when you receive it, and how to receive it. Since speaking in tongues is the easiest of the gifts to receive and often comes immediately with the baptism, they have become almost synonymous in our thinking, so I decided I would also tie them together.

That seems like a fairly simple task, right? Unfortunately, I discovered that there is absolutely no agreement in the Spirit-filled community about what the baptism is or when you receive it. One

leader told me the baptism in the Holy Spirit is a growth in intimacy with God. Another said it was tears. Another said we all receive the baptism in the Spirit at the point of salvation. Another equated the baptism with the filling of the Holy Spirit. Although there may be a level of truth in each of these responses, none of them satisfied me. I struggled because none of these definitions described how I received the baptism in the Holy Spirit, or what I felt fit its biblical meaning.

Frustrated, I realized that my desire for precise, clear-cut definitions wouldn't work here. Life just wouldn't fit into my desired little boxes. I recognized that this was a place where narrative theology (discourse about God in the setting of story) needed to be added to my cherished systematic theology (a collection and summary of the teachings of all biblical passages on a given subject). So I sent out a request to my readers for their stories of how they received the baptism in the Spirit and began speaking in tongues.

## WHY TELL A STORY?

My story is so similar to the accounts I received that I have included several of their testimonies throughout this book. We learn a lot about God through the stories in the Bible. Stories are a powerful means of communication, revelation, and insight. Our lives are our stories, and they resonate with others who have encountered God. Stories allow the Holy Spirit to speak directly to each of us individually, where we are right now, in a way that systematic theology cannot.

Enjoy these stories. Take the time to allow the Holy Spirit to speak to you through them, teaching and encouraging you in your pursuit of Him. Do all the exercises in each chapter; they will draw you into *your own life's story* as you interact ever more intentionally with the Holy Spirit, releasing all the ways He wants to manifest Himself. (See 1 Corinthians 12:7–11.)

## MY STORY OF RECEIVING THE BAPTISM IN THE HOLY SPIRIT

Growing up in an ultra-fundamentalist church, I was taught that the gifts of the Spirit were not for today. I actually scorned those who spoke in tongues, seeing them as deceived baby Christians. In college, I met a generous, loving woman who invited my wife Patti and me into her home. She fed us marvelous dinners while she shared stories of healings and miracles her family members received when she prayed for them.

Those stories were the catalyst to my change. This woman was obviously a very mature believer and did not appear to be deceived to me, so I decided to go back and explore my systematic theology that said that the ninefold manifestation of the Spirit (see 1 Corinthians 12:7–11) was not available today.

**SPEAKING IN TONGUES WAS A WAY BIBLICAL BELIEVERS GLORIFIED GOD AND SPOKE MYSTERIES TO HIM, WHICH BUILT UP THEIR SPIRITS.**

I changed my mind after much study and research, drawing largely upon the teachings of Derek Prince.<sup>1</sup> I realized that speaking in tongues was a way biblical believers glorified God and spoke mysteries to Him, which built up their spirits. (See 1 Corinthians 14:2, 4.) In addition, Paul, a very mature apostle, said he was *glad* he spoke in tongues more than anyone else! (See 1 Corinthians 14:18.) So speaking in tongues is not just for baby Christians or those who have been deceived. Interesting how a *story* was able to confront and ultimately change my theology. Never underestimate the power of your testimony.

Now I earnestly desired the Holy Spirit. Patti and I set aside a day of fasting, then drove to Ithaca, New York, to attend a service and have some mature Christians pray for us to receive the baptism in the Holy Spirit and the gift of speaking in tongues. Well,

---

1. See [www.derekprince.org](http://www.derekprince.org); [www.whitakerhouse.com/book-authors/derek-prince](http://www.whitakerhouse.com/book-authors/derek-prince).

Patti received and I didn't. Talk about frustrating. So back home we went. A few weeks later, I was too sick to attend the church where I served as a youth pastor, so I was sitting home, alone in the living room rocking chair, pondering Acts 2:4 where it says *they spoke* as the Holy Spirit gave them utterance. That made me think, *Maybe I need to actually do the speaking rather than just letting my tongue hang loose in my wide-open mouth!*

So I tried speaking, articulating syllables that I was not controlling with my mind. Whatever came, I spoke. Obviously this was very easy and childlike, and even though syllables were spoken, I doubted. It took me two weeks before I hesitantly shared with Patti that I thought I might be speaking in tongues. At that time in my life, I was a mighty man of doubt and unbelief.

About a year later, I was leading a home group and at the close of the evening, we cast some demons out of an individual. We were celebrating with worshipful prayer and praise, and I spoke in tongues briefly during that prayer celebration. On the way home, a young girl who had spent time in Brazil informed me that I had said in Portuguese, "Hurray! Long live Jesus!"

**WHEN YOU SPEAK IN TONGUES, YOUR SPIRIT COMMUNICATES DIRECTLY  
TO GOD, BYPASSING THE BOTTLENECK OF YOUR MIND.**

Wow! I was dumbfounded. God saw fit to confirm very objectively that these syllables I was speaking were actually a language (see Acts 2:8; 1 Corinthians 13:1) and it was my spirit communicating directly to God, bypassing the bottleneck of my mind. Thank You, Lord, for this wonderful confirmation! In truth, by this time, I had already gotten over my doubt about tongues since I found my entire Christian life come alive with a new vitality as I spoke in tongues regularly. However, a nice confirmation is always appreciated.

## MY REFLECTIONS ON THE STORIES OF OTHER BELIEVERS

Rather than fuss over the theology of exactly when and how one is baptized in the Holy Spirit, or the precise evidence of receiving it, I pondered the testimonies I received, along with my own story, to see what principles we could discover. Here are my observations:

- ♦ **It took time.** About 75 percent of them did not receive the gift of tongues when they first desired it or received prayer for it.
- ♦ **At home alone.** About 75 percent received the gift of tongues while at home alone.
- ♦ **Lack of knowledge.** About 50 percent said they could have spoken in tongues much sooner had someone explained clearly to them how this miracle occurs.
- ♦ **Fear and doubt.** About 50 percent specifically mentioned they had to battle with fear or doubt and that caused them to resist the baptism and tongues for a period of time.
- ♦ **Emotions.** About 50 percent specifically mentioned that they experienced intense emotion when baptized in the Holy Spirit; this may mean that the other 50 percent did not.
- ♦ **Needing deliverance.** One-quarter specifically mentioned that deliverance opened up the Holy Spirit's flood.
- ♦ **Impact.** The baptism in the Holy Spirit brought new things to people's lives. Here are some of their statements:
  - » "I could hear God so much clearer than before."
  - » "I experienced an intimate relationship with Jesus."
  - » "I had a passion to read and study the Bible and pursue righteousness."
  - » "Scriptures I had read countless times before suddenly became alive."
  - » "I started getting urges to preach these revelations."

- » “I felt ten pounds lighter within *minutes*.”
- » “I couldn’t stand under the weight of His glory and went down on my knees.”
- » “I was filled with warm liquid Love.”
- » “I received the gifts of interpretation of tongues and prophecy.”

Many of these were similar to my experience. It took time, as I pursued it for months. When I did speak in tongues, it was when I was home alone. If someone had taught me more clearly, I could have spoken in tongues much sooner. Speaking in tongues was so simple that I battled with doubt for months. The baptism did not come with an emotional rush, but the Bible came alive to me as I realized I *could* live and experience huge sections of Scripture that I had been told were no longer available to me today.

## MINISTERING THE BAPTISM IN THE HOLY SPIRIT WAS CENTRAL TO JESUS’S MISSION

When all four of the Gospel writers introduced Jesus, they declared what He came to do: “*He will baptize in the Holy Spirit*” (Matthew 3:11; Mark 1:8; Luke 3:16; see John 1:33). This is truly amazing! This is not a peripheral issue. Being baptized in the Holy Spirit is a key experience. It’s something important that we *need*. We can’t be ho-hum or passive about it. Jesus came to make this experience available to us.

BEING BAPTIZED IN THE HOLY SPIRIT IS A KEY EXPERIENCE. WE CAN’T  
BE HO-HUM OR PASSIVE ABOUT IT.

## FIVE VITAL INGREDIENTS

As I pondered the testimonies of how people received the Holy Spirit, I came to some conclusions. I suggest that the following five

ingredients open one to receive the baptism in the Holy Spirit and the manifestation of speaking in tongues.

1. **Believe** it is available; according to your faith be it unto you. (See Hebrews 11:6; Matthew 9:29.)
2. **Earnestly desire** it; get passionate and go after it. (See 1 Corinthians 14:1.)
3. **Ask** the Lord for it; we have not because we ask not. (See John 16:24; James 4:2.)
4. **Love**; be of one accord because love is the carrier wave of the Spirit. (See Acts 2:1–4.)
5. **Yield** your tongue from self-control to Spirit-control. (See Acts 2:4.)

## SPIRITUAL INTIMACY

Since the baptism in the Holy Spirit involves increased intimacy with the Holy Spirit, I am going to demonstrate this intimacy by sharing journaling throughout this book. I will also teach you how to do two-way journaling yourself. Hundreds of chapters of Scripture model this practice; it is found in the Psalms, the prophets, and the book of Revelation, for example. I believe journaling should be a standard part of our lives.

Two-way journaling is an invaluable initial step toward moving in the gifts of the Spirit. First, it is a powerful tool for learning to recognize the voice of the Spirit within you, giving you the opportunity to gain confidence in your ability to do so. But even more importantly, two-way journaling opens you up to a deeper, more intimate relationship with the Lord than you may have ever experienced. He pours His love into you, affirming His compassion for you in a mighty way. You respond to His love with greater love toward Him. He opens your eyes to His deep love for others and the Spirit grows that love in you as you become more like Him through your times together.

It is no coincidence that Paul talks about love in the middle of his teaching on the gifts of the Spirit. (See 1 Corinthians 13.) Love—both for God and for others—is the only legitimate and solid foundation for moving in the gifts. Two-way journaling has been the single most effective tool I have found for increasing that love in me.

Here is a sample of the journaling of one of our students, where she asked the Lord about the overflow of the Spirit in these last days.

*The Latter Outpouring:  
Journaling from Stephanie Wylkynsone*

*Lord, what does the latter outpouring of the Holy Spirit look like?*

“The latter outpouring of the Holy Spirit is when all of my people are in one accord, moving and working together to bring in the end-time harvest. Yes, there will be demonstrations of my Spirit and power. I want the people to come to me and drink. Then out of them will flow rivers of living water. I long to fill my people up. All they have to do is ask. I’m ready to fill them up to overflowing so it comes out of them, spilling onto others. When my people start doing this, it will impact the world. Imagine if all believers were filled with the Holy Spirit, not just a few. Imagine what an impact that would make around the world. That’s what is going to happen. I want all of my people filled with the Holy Spirit, not just a few.

“I plan to use you in this latter outpouring. I am already getting you prepared. You are filled with the Holy Spirit. You hear my voice. You hunger and thirst for me. You are seeking to follow me. I reveal myself to you. We are working out your salvation together. I will use you alongside others. This is not an individual effort. This is done in the

unity of the body of Christ, all acting in one accord. I show and lead the way.”

## A DAY OF LIVING IN THE OVERFLOW OF THE SPIRIT

In Genesis, God sets the pattern that evening and morning is the way a day is structured. (See Genesis 1:13.) Our day begins in the evening as we meditate on God upon our beds. (See Psalm 4:4.) We fall asleep asking for revelation. When we awaken, we record any dreams, asking the Spirit for help in interpreting them. We tune to flow and God pours out wisdom, love, creativity, healing, and direction. Bible meditation is often a part of these morning devotions.

As you turn to your daily activities, you see Jesus at your side. (See Acts 2:25.) You ask for His input on everything, and then tune to the river of the Spirit within, which bubbles with flowing ideas, flowing images, and flowing emotions. This is God’s revelation to you. When you see Jesus, He is smiling. You stay relaxed and smiling so His flow is not obstructed by any striving of your own flesh. The day is amazing because of Jesus’s constant input, which provides anointing, creativity, healing, faith, hope, and love. The Holy Spirit manifests Himself through you to everyone you meet in any way they need His touch. You live in celebration of His greatness toward you. He reminds you that you already have the victory in Him.

Experiencing the *Overflow of the Spirit* is fun! Let’s get started.



*How I Received the Baptism in the Holy Spirit*  
by Margaret Cornell

I had been seeking God for a number of months and one night, Jesus appeared to me in my bedroom. Recognizing that He was truly the Son of God, I fell at His feet and surrendered my life to Him. The next day, I knew something radical had happened in my life; I felt full of love, joy, and peace. I didn't know it but I had been born again.

Just after that, our vicar had planned a church mission. I had an earnest conversation with a visiting priest that caused me to think seriously about the condition of the church. It was certainly not alive. My recent experience of meeting Jesus affected the way I looked at things. I think I realized that other people just haven't experienced anything remotely like it and didn't really have much faith in God.

Sometime later, I was in a church meeting and I was having a casual conversation with a young woman sitting next to me about the mission. I said, "David says if we don't like our church the way it is, we should get together and pray about it," to which she replied, "Oh, yes, let's."

I was very reluctant to do this as I had only just got the hang of praying by myself. However, not wishing to appear chicken, I said to her, "Okay, let's meet after next Sunday's evensong."

We went to my house as arranged. "We are just going upstairs to pray," I told my husband, who was in the sitting room.

We sat in my bedroom. It felt very awkward as I'd never done this before. I had fortified myself with the Anglican

prayer book and I had also gotten a book of prayers out of the public library, so I began by reading a prayer.

Then this young woman began to pray quite naturally and fluently. I thought, *Oh, crumbs, she knows a lot more about this than I do!* Then she prayed what turned out to be quite a significant prayer for me.

She said, “Lord, fill us with your Spirit.”

Suddenly a blanket of something terribly powerful and wonderful fell upon me and I couldn’t say another word. Thinking about her words, I thought to myself, *This must be the Holy Spirit.* I was so profoundly touched by God that I really couldn’t say anything else, which quickly ended our meeting. She must have been puzzled by my silence because she said to me, “Are you okay?” I said yes I was, but I really couldn’t explain that in one way I was okay, but in another way, I wasn’t. Something very profound that I did not understand had just happened to me.

A few days later, I was happily sweeping my kitchen floor, singing and praising God, when suddenly, I began to sing in a language that I didn’t know. I was really surprised but not alarmed because it felt wonderful.

My husband was raised a Baptist and really knew the Bible, so I went to him. He was sitting and reading the newspaper. I asked him if there was anywhere in the Bible where people just suddenly start to speak in a language they didn’t know. Without looking up from his paper, he said matter-of-factly, “Yes, Acts chapter 2.”

I ran upstairs, looked up the Scripture in my Bible, and discovered what happened to the disciples in the upper room on the day of Pentecost. I was astounded; I thought, *I’ve had a Bible experience.* I was speaking in tongues.



# 1

## LIVING BY THE SPIRIT IS THE CHRISTIAN LIFESTYLE

*If we live by the Spirit, let us also walk by the Spirit.*  
—Galatians 5:25

### NOT YOUR AVERAGE ALTAR CALL

**P**eter’s altar call at the conclusion of the very first sermon in the church age was, “Repent, and each of you be baptized in the name of Jesus Christ for the forgiveness of your sins; and you will receive the gift of the Holy Spirit” (Act 2:38). Really? Shouldn’t Peter have said, “...and you will receive eternal life”? *That’s* what we say in our altar calls. Heaven is the enticement we offer to new believers, not the Holy Spirit. Maybe Peter got it wrong. Or maybe we do. Maybe receiving the Holy Spirit is *central* to our new lives as Christians.

### THE APOSTLES’ CREED ON THE HOLY SPIRIT

Reading the Apostles’ Creed, you notice that it describes what the Father and Son did, with a brief mention that Jesus “was conceived by the Holy Spirit.” Otherwise, the creed only says: “I believe in the Holy Spirit.”<sup>2</sup> Wow! There is no mention that the

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2. Apostles’ Creed, Christian Reformed Church ([www.crcna.org/welcome/beliefs/creeds/apostles-creed](http://www.crcna.org/welcome/beliefs/creeds/apostles-creed)).

Holy Spirit actually does anything. This reminds me of my salvation experience. There was no mention that the Holy Spirit was now going to be the active moving force in my life, and that I should focus intentionally on His indwelling presence and release Him because He would now *be* my life.

The New Testament is full of references to Who the Holy Spirit is and what He does in and for the believer. Below is a list of just seventy of those things. Take the time to meditate on them and get excited about the One Who lives within you!

### THE SPIRIT AND SALVATION

1. Being a Christian means I have the Spirit in me. (See Romans 8:9.)
2. I must be born of the Spirit to enter the kingdom of God. (See John 3:5.)
3. The Spirit is a river that flows from my innermost being. (See John 7:37–39.)
4. I am the temple of God, and the Spirit of God dwells in me. (See 1 Corinthians 3:16.)
5. By joining my life to the Lord, I become one Spirit with Him. (See 1 Corinthians 6:17.)
6. The Spirit baptizes me into the body of Christ. (See 1 Corinthians 12:13.)
7. I am sealed with the Holy Spirit of promise. (See Ephesians 1:13.)
8. The Spirit has adopted me into the family of God. (See Romans 8:15.)
9. I am saved by the washing of regeneration and renewing by the Holy Spirit. (See Titus 3:5.)

## THE SPIRIT WITHIN IS THE POWER I NOW RELY UPON

10. It is the Spirit who gives life; the flesh profits nothing; the words (*rhema*) that I have spoken to you are spirit and are life. (See John 6:63.)
11. The Spirit is the sanctifier working within me. (See 1 Peter 1:2.)
12. The energy of God's Spirit works within, energizing me. (See Philippians 2:13.)
13. If by the Spirit I am putting to death the deeds of the body, I will live. (See Romans 8:13.)
14. I fight with the sword of the Spirit, which is the words (*rhema*) Jesus is speaking to me. (See Ephesians 6:17.)

## MY LIFESTYLE IN THE SPIRIT

15. I live and walk by the Spirit. (See Galatians 5:25.)
16. I worship in the Spirit of God. (See Philippians 3:3.)
17. I am led by the Spirit of God, which means I am a child of God. (See Romans 8:14.)
18. The natural mind does not comprehend the wisdom of the Spirit. (See 1 Corinthians 2:14.)
19. I sow to the Spirit, and from the Spirit I will reap eternal life. (See Galatians 6:8.)
20. The kingdom of God is righteousness, peace, and joy in the Holy Spirit. (See Romans 14:17.)
21. I am sanctified by my faith in the truth by the Spirit. (See 2 Thessalonians 2:13.)
22. God's glory rests upon me through the Spirit. (See 1 Peter 4:14.)
23. Christ abides in me through the Spirit He has given me. (See 1 John 3:24; 4:13.)

## I HUNGER FOR THE LEADING OF THE SPIRIT

24. I am thirsty to hear from the Spirit. (See Revelation 22:17.)
25. Jesus baptizes me with the Holy Spirit and fire.  
(See Matthew 3:11; Mark 1:8; Luke 3:16; John 1:33.)
26. I am led by the Spirit. (See Matthew 4:1.)
27. I seek knowledge from the Spirit who lives within me.  
(See 1 Peter 1:11.)
28. I live under the influence of the Holy Spirit.  
(See Ephesians 5:18.)
29. I never insult the Spirit. (See Hebrews 10:29.)
30. I make sure to never quench the Spirit so I stay engaged in honoring and loving everyone, and I rejoice, pray, and speak *only* life-giving words. I honor prophecy.  
(See 1 Thessalonians 5:12–19.)
31. I rejoice in the Holy Spirit when experiencing tribulation. (See 1 Thessalonians 1:6.)
32. Since I am led by the Spirit, I am not under the law.  
(See Galatians 5:18.)
33. I am released from the law, and serve God in a newness of the Spirit. (See Romans 7:6.)
34. Setting my mind on the Spirit allows me to experience peace and life. (See Romans 8:5–6.)
35. My conscience is moved upon by the Holy Spirit.  
(See Romans 9:1.)
36. When I pray in tongues, in the Spirit, I am speaking mysteries, which builds me up. (See 1 Corinthians 14:2, 4, 14.)

37. I build myself up in faith by praying in the Holy Spirit.  
(See Jude 1:20.)
38. It is through revelation of the Spirit that I am strengthened with power through His Spirit in the inner man, which allows Christ to dwell in my heart through faith; and being rooted and grounded in love, I comprehend the breadth, length, height, and depth of the love of Christ, which exceeds knowledge, and I get filled up to all the fullness of God. (See Ephesians 3:16–19.)
39. In a church service, I pray with the Spirit and I pray with the mind also; I sing with the Spirit and I sing with the mind also. This way, the ungifted can say amen. (See 1 Corinthians 14:1.)
40. I tune to the Spirit and I receive wisdom, revelation, prophecy, God’s voice, and His vision. (See Revelation 1:9–11.)
41. I have an ear to hear what the Spirit is saying.  
(See Revelation 3:22.)
42. Since I received the Spirit by hearing and faith, I continue to walk in the Spirit by hearing and believing.  
(See Galatians 3:2–5.)
43. I pray continuously for a spirit of wisdom and revelation in the knowledge of God and I receive it.  
(See Ephesians 1:17.)
44. I ask the Holy Spirit to guard the treasure God has implanted in me. (2 Timothy 1:14.)
45. I allow the Spirit to carry me away and show me things.  
(See Revelation 21:10.)
46. The Holy Spirit moves upon me and I prophesy.  
(See 2 Peter 1:21.)

## I AM EMPOWERED AND ANOINTED BY THE SPIRIT IN EVERY AREA OF MY LIFE

47. The Spirit gives me access to the Father. (See Ephesians 2:18.)
48. The Spirit grants me intimate communion with my heavenly Father. (See Galatians 4:6.)
49. The Spirit helps me pray properly. (See Romans 8:26.)
50. I receive the thoughts of God through the Spirit. (See 1 Corinthians 2:10–12.)
51. The Spirit lets me see the things of God in the spirit world, and I become a reflection of that which I gaze upon. (See 1 Corinthians 3:18.)
52. The Spirit builds me together with other believers into a temple of the Lord. (See Ephesians 2:21–22.)
53. The Spirit guides and forms my prayers. (See Ephesians 6:18.)
54. The energy of the Spirit opens doors for me. (See 1 Corinthians 16:9.)
55. I receive power when the Holy Spirit comes upon me; and I tell others what I am seeing. (See Acts 1:8.)
56. I have the ninefold manifestation of the Holy Spirit. (See 1 Corinthians 12:7–10.)
  - » Speaking gifts: tongues, interpretation of tongues, prophecy
  - » Revelation gifts: word of knowledge, word of wisdom, discerning of spirits
  - » Power gifts: faith, healing, miracles
57. I have the ninefold fruit of the Holy Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. (See Galatians 5:22–23.)

58. God anointed Jesus, and me as one of Jesus's disciples, with the Holy Spirit and with power, and I go about doing good and healing all who are oppressed by the devil. (See Acts 10:38.)
59. My message and preaching are not in words of wisdom, but in the demonstration of the Spirit, so that people's faith is not dependent on my wisdom, but on the power of God. (See 1 Corinthians 2:4–5.)
60. I cast out demons by the Spirit of God. (See Matthew 12:28.)
61. I make disciples of all the nations, baptizing them in the name of the Father, Son, and Holy Spirit. (See Matthew 28:19.)
62. The law of the Spirit of life sets me free from the law of sin and death. (See Romans 8:2.)
63. Because I walk by the Spirit, I do not carry out the desire of the flesh. (See Galatians 5:16.)
64. I abound in hope because of the power of the Holy Spirit. (See Romans 15:13.)
65. I am made aware of things around me by the Spirit. (See Mark 2:8.)
66. The Spirit of truth guides me into all the truth, discloses what is to come, and brings things to my remembrance. (See John 16:13, 14:26.)
67. The Spirit gives me dreams and visions. (See Acts 2:17.)
68. The Spirit commissions and sends me into ministry. (See Acts 13:2–4.)
69. The Spirit guides my decision-making. (See Acts 15:28.)
70. The Spirit stops me from going in wrong directions. (See Acts 16:6–7.)

After reviewing the above list of things the Spirit accomplishes for us, I believe we can agree with Jesus: *“It is the Spirit who gives life; the flesh profits nothing; the words that I have spoken to you are spirit and are life”* (John 6:63). I think we can also agree that the overflow of the Holy Spirit offers us much more than the one amazing gift of speaking in tongues. It opens the door to an entire lifestyle of intimacy with the Holy Spirit; once this lifestyle is mastered, it releases the heavens and the provisions of God to your life.

ONCE THE ENTIRE LIFESTYLE OF INTIMACY WITH THE  
HOLY SPIRIT IS MASTERED, IT RELEASES THE HEAVENS AND  
THE PROVISIONS OF GOD TO YOUR LIFE.

Let’s make it our focus to live and walk in the overflow of the Spirit!

### ACTION EXERCISE

Go back through the list of the Holy Spirit’s activities and take note of the ones you have been *aware* of in your life. Put an “A” next to each of these. Then ask yourself, “Which works of the Holy Spirit do I want to see *more* of?” Put an “M” next to each of these. Spend time specifically asking the Lord to manifest in your life in these ways, and watch for Him to do so!

### VARIETY VERSUS PRINCIPLES

We know that God is free to do anything He wants, and uses a variety of ways to get our attention, break into our lives, and make us aware of how to walk and live by His Spirit. (See Galatians 5:25.) It is useless to try to put God in a box or place limitations on how He will work.

However, that doesn’t mean there are not some general principles we can explore that can help us move forward more quickly

and easily. We can seek these patterns in Scripture and follow the paths others have walked in. In this manner, we can arrive at our destinations faster than if we walk without Scriptural guidance. (See 1 Corinthians 10:11.)

## I HAD A DREAM BEFORE WRITING THIS BOOK

In this dream, I was not prepared to teach. I was still getting things ready for class, which was already beginning.

After awakening from the dream, I went to my laptop and recorded the above summary of the dream and asked, “Lord, what am I not prepared for?”

### *God’s Interpretation in My Journal*

You are not prepared to teach and explain how to experience the full release of My Spirit. It comes with full and complete yieldedness.

When you yield from self-control and self-dependence to Spirit-control and Spirit-dependence, you are filled, complete, empowered, and *ready* to face the challenges which are before you. That is what the disciples did on Pentecost and again in Acts chapter 4. That is what I did continuously. I did nothing of My own initiative. (See John 5:19–20, 30.) I put no confidence in the flesh. (See Philippians 3:3.)

Being fully yielded to and trusting in the work and power of My Spirit enables you to be filled, baptized, and empowered by the Holy Spirit. It is a step of yieldedness and a step of faith. You yield in faith to the river that flows within, which fills, and which overflows to fill the entire space that you are in, thus resting upon you. That is what the baptism or the empowering of the Holy Spirit gives to you. That is how it is experienced.

You ask for Him, yield to Him, believe in Him, and release Him in each and every way that He manifests Himself. This manifestation includes the fruit and the gifts of the Spirit and much more. (See Galatians 5:22–25; 1 Corinthians 12:7–11.)

This is My word to you this day. This is the heart of your book, and the heart of the message of walking and living by the Spirit. The end result of one who is indwelt, filled and baptized by the Holy Spirit, is that they live in meekness, entrusting themselves to the One Who lives within and Who guides and directs their every action. Behold I have spoken. Behold it is to be done.”

My response was, “Thank You for revealing this to me. I receive this.”

## A FOUNDATIONAL DOCTRINE

It is not hard to choose to abandon self-effort if you see self-effort as a dead work.

*Therefore leaving the elementary teaching about the Christ, let us press on to maturity, not laying again a foundation of repentance from dead works and of faith toward God.*

(Hebrews 6:1)

A live work is motivated and empowered by the Holy Spirit. A dead work is anything motivated and empowered by myself. Jesus did nothing of His own initiative, but only what He heard and saw His Father doing. He demonstrated the pattern lifestyle we are to live. (See Romans 8:29.)

The Lord has burned into my consciousness this revelation: “*It is the Spirit who gives life; the flesh profits nothing; the words [rhemas or “spoken words”] that I have spoken to you are spirit and are life*” (John 6:63).

God's plan in the garden of Eden was that man would take strolls and share and communicate with Him. Satan's alternative was that man could know truth on his own. (See Genesis 2.) This puts *self* and my *mind* in the center of life rather than communing with my heavenly Father. So I need to choose: do I think things through on my own, or do I ask the Holy Spirit to anoint and guide my reasoning so that I have the mind of Christ? (See 1 Corinthians 2:16.) Do I focus on my self-effort or do I ask the Spirit to empower me with supernatural abilities?

OUR GOAL IS TO TRAIN YOU TO GO BACK TO GOD'S ORIGINAL INTENT  
OF LIVING OUT OF COMMUNION WITH HIM, RATHER THAN THE LIE THAT  
YOU CAN LIVE SEPARATE FROM HIM.

Every moment of every day, I am making this decision. The goal of this book is to train you to go back to God's original intent of living out of communion with Him, rather than the lie that you can live separate from Him. Then the Holy Spirit will manifest Himself through you in every way that He wants to meet your needs and the needs of others.

Speaking to me through journaling, Jesus said, "We are walking together, so close. No one can separate us. You turn away but I take your hand and draw you back to Me. I hold you in My arms. That is how you receive My strength—it flows from Me to you. You ask what you should do; it is what *We* should do."

## GOD'S FOUNDATIONAL DOCTRINES FOCUS ON THE RELEASE OF THE HOLY SPIRIT

Scripture states what God considers the *foundational doctrines* of our spiritual life. They are very different from what man considers essential. I studied doctrine (theology) in Bible college, and we never covered the six that God calls foundational. Truly unfortunate.

Therefore, leaving the discussion of the elementary principles of Christ, let us go on to perfection, not laying again the **foundation** of repentance from dead works and of faith toward God, of the doctrine of baptisms, of laying on of hands, of resurrection of the dead, and of eternal judgment. And this we will do if God permits. (Hebrews 6:1–3 NKJV)

1. **Repentance from dead works.** A dead work is anything that begins, continues, and ends with self-effort rather than with God's wisdom and power available through the Holy Spirit. My goal is to learn to live as Jesus did, doing only what the Spirit directs. (See John 5:19–20, 30.)
2. **Faith toward God.** I choose to *believe* that the river of the Spirit flows within me. (See John 7:37–39.) I live by His Spirit. (See Galatians 5:25.) I honor His flow within.
3. **Doctrine of baptisms.** I am baptized in water, in the Holy Spirit, in fire, and by the Holy Spirit into the body of Christ. (See Acts 2:1–38; 1 Corinthians 12:13.)
4. **Laying on of hands.** Like Jesus, I release healing and blessing by the Spirit when I lay hands on people. (See Mark 6:5; 16:18.)
5. **Resurrection of the dead.** I am conscious that I was crucified with Christ. Christ now lives out through me. (See Galatians 2:20.) I choose to reckon myself dead to sin and alive to God through the power of the Spirit. (See Romans 6:11.)
6. **Eternal judgment.** I release judging people and situations to God. (See John 8:15; James 4:12.) I choose instead to live like Jesus, who was moved by compassion and healed. (See Matthew 14:14.)

In summarizing these six doctrines, I suggest that what God considers foundational is that we learn how to walk and live by the Spirit. Obviously there is much more that can be said about each of these, but the above statements are their core meanings. I recommend *The Spirit-Filled Believer's Handbook* by Derek Prince for a full treatment of the foundational doctrines of Hebrews 6:1–2.

### ACTION EXERCISE

Make a list of the points from this chapter that speak to you.

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Meditate/ponder over a minimum of five verses from this chapter and be ready to share insights with friends or with a small group that is studying this book together.

What are your reflections on the verse “*The flesh profits nothing; the words [rhemas] that I have spoken to you are spirit and are life*” (John 6:63)?

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*How I Received the Baptism in the Holy Spirit*  
by Susan Caley

I had been a Christian for about six years and was feeling that my heart toward Jesus had grown cold, my prayer life was practically nonexistent, and my walk with the Lord was superficial; I kept thinking that there must be more than this. I kept sending up prayers to God, asking Him to fill me with the Holy Spirit. At the same time, I was scared as I didn't know what would happen. The Toronto blessing happened and God poured out His Spirit on certain places in England where I live. I met in my home with a youth worker. She prayed for me and the Holy Spirit filled me.

This filling happened in stages. I was filled more powerfully in my quiet times, then at a conference at Holy Trinity Brompton, God's power went down into my head and through my body; I felt drunk! I was so hungry for more of Jesus. I felt like I'd woken up. I was given a new joy in God, a new love for Jesus that has never left. My prayer life was transformed. I received pictures and Bible verses, and I heard the Lord speak to me within. I had a deep desire to encourage other Christians and still have. This has gone on for twenty years.

At a Christian conference, a lady on a prayer team asked if she could pray for me. As she prayed, I heard an inner voice that I seemed to know was God the Father. He said, "I want you to join in partnership with Me, to pray for what's on My heart." This urging or inner nudging became so insistent that I just said to God one day, "Father, will You show me what's on Your heart?" Immediately a picture came into my mind of a statue of Jesus standing with

His arms open over a city. Then the Holy Spirit interceded through me with groans and sighs. I had never experienced this before but I felt like I was in the school of the Spirit. I then prayed for revival in that place.

Since then, for the last fifteen years, I ask the Father who or what is on His heart. Sometimes I see in my mind the name of a country or a people group, like the aborigines or a people group in China. Sometimes I see in my mind the actual people; the Dalai Lama is on God's heart, which surprised me. Sometimes I feel God's pain in my heart for those whom He leads me to pray for. Sometimes the country will be in the news after I've prayed for it. Something that I will never forget is Rwanda and the massacre between the Hutu and Tutsi tribes. The Spirit caused me to do physical actions of wrestling.

I had never thought much about speaking in tongues, but at the Holy Trinity Brompton Conference, the minister said, "If anyone would like to speak in tongues, come forward to be prayed for." I was hungry for everything God wanted to give me so I went forward, the lady prayed for me to be given that gift, and told me to open my mouth in faith and see what happens. I must admit, I felt embarrassed, but I wasn't going to miss what God had for me. I went for it and I started speaking in words I didn't understand.

When I talk to God in tongues, He draws near. I also sang in tongues, which sounded beautiful. The notes seem to come from my heart. As I sang, it felt like I was being refreshed too. The most precious thing that happened as a result of being filled with the Spirit is an intimate relationship with Jesus.

A friend who was ill called me and I immediately felt the Lord's presence. All through our conversation, I kept

getting pictures and encouragements to the effect that this illness was not going to be a part of her life story that God has planned for her life. After I got off the phone, to my surprise, the Holy Spirit's power and God's presence flowed into my heart and at the same time, the Holy Spirit's power and presence flowed outwards from within my heart. This went on for a long time. I asked the Lord what happens next and heard Him say within me, "The only way is up."

I had been feeling dry and was crying out to God for a fresh filling of His Spirit. Now I have a freedom when I pray for people and a new freedom and intimacy with God the Father and Jesus, a hunger to press in for more of Jesus and I want God's plan for my life wherever He wants to take me. I want to go with Him. Interestingly, a few months ago during a prayer time, Jesus said, "Welcome the Holy Spirit," so I started to do that before I pray and the Holy Spirit's presence is more evident in my prayer times. I feel He is my friend and helper and I want to be more sensitive to Him.

I would say to any believer that the Lord has more for you. Don't settle for little; keep asking the Lord for more. Press in with boldness. I believe God is the same yesterday, today, and forever. I want to do the things Jesus did, and I believe we are meant to. The Lord keeps bringing Isaiah 61 into my mind. Our God is an awesome God!

