

LIFE QUESTIONS



Prayer Soaking

Elim Church, Clapham

Waiting on God is a phrase used on a number of occasions throughout scripture. We are exhorted to wait on the Lord when we are weak and feel unable to cope with life's challenges and our strength will be renewed (Isa 40:31). Waiting on the Lord is not a passive activity, far from it. It has more to do with chilling out with God and focussing upon His grace, love and goodness towards us. It is about being still and relaxed in His presence knowing that in Him we have everything we need for life!

At the best of times life is extremely busy, with a lot of demands on our time. If we're not careful, we can just give the Lord a few minutes at some time of the day, when we think about Him and this few minutes is spent asking Him to do things for us, our family and friends etc. something He does desire. However, we often don't give Him the time or opportunity to speak into our hearts, lives and situations and even less time to find out what His heart and desires for us are.

In January 2000, we started encouraging people to regularly meet for prayer soaking, a time to chill out and relax in God's presence. We continue to do this and during this time our focus is upon Him. He is invited to speak and to reveal what's on His heart and how He feels about us. The Psalmist, who actively pursued God's presence was able to say in Psalm 46:10, "Be still and know that I am God". Being still is more than just being stationary for, it is possible to be still whilst our mind is running all over the place.

Waiting on God is an amazing discipline, whilst being a wonderful way of building our relationship with the Lord. Over the years, many have seen some amazing interventions and life transforming experiences with God as a result of prayer soaking. On occasions, people have become so relaxed in His presence that they have fallen asleep, at first many struggled with this, believing that they are wasting their time, they felt guilty that they could not spend a short time with the Lord without sleeping. However, as they persisted over time, they started to realise that because they were so busy, this was the only way God could get their attention to reveal the things of His heart to them.

The best way to prayer soak is to remove all distractions - eg. switch off all phones, have a pen and paper handy to write down anything that comes into your mind, which could so easily become a distraction from the main purpose of trying to develop fellowship with the Lord. Sometimes having some appropriate worship music playing quietly in the background is a real asset.

If you are nearby, why not come and join us on a Tuesday morning between 10am and 12 noon. You will be very welcome!