

How to Soak

Follow these four easy steps, and live a Deeper Life by experiencing intimacy with God through Soaking!

Step 1: Find a private space and make yourself comfortable.

Locate a safe place where you can be alone, comfortable, and uninterrupted for the duration of your soaking time. Some people soak for a half hour while others soak for hours at a time.

Step 2: Settle down and begin to open your heart to the Lord.

It's important to spend this time waiting on the Lord and not thinking about your daily life. Soaking is a great opportunity to hear from the Lord. Do not allow the worries of the day to obstruct this precious time with God. It will take at least 15 minutes before you can quiet your mind enough to receive from God.

Step 3: Listen to the Soaking music and invite the Holy Spirit to come.

Soaking is not intended to be a time of singing out loud or praying elaborate prayers. Focus on the Holy Spirit while simply listening to the words and music of the Soaking music. Pray only the simple prayer of asking God to enter the room where you are and touch you. He promises that He will come to all who seek Him!

Step 4: Rest and receive what the Holy Spirit brings.

As you wait, God will begin to do a supernatural work in you. Sometimes there are tangible manifestations of what God is doing, but many times the Holy Spirit does a work that we are unaware of until we are back in our daily lives. Wait with a faithful attitude and realize that God is doing something deep within you! Relax and allow Him to perform His perfect work.

**“Rest in the Lord and wait
patiently for Him.”**

Psalm 37:7