



Experiencing God

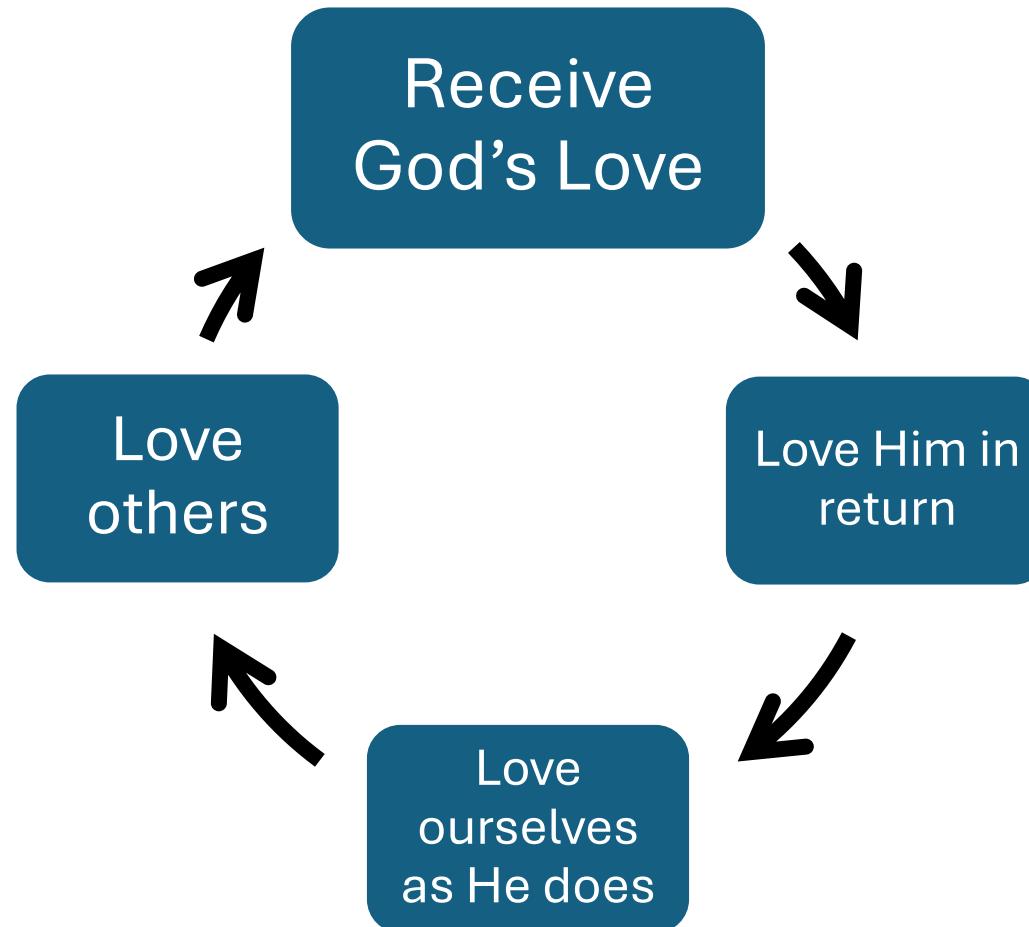
Series 1, Week 1

Adena Korpi

Receiving God's Love

- 1Jo 4:19 NKJV – “We love Him because He first loved us.”
- Receiving comes first, not trying to love God in our own strength
- The first 4 years of life are primarily dedicated to learning how to receive
- In trauma and neglect, loving connection is distorted or lacking
- We develop coping mechanisms to self-protect and block receiving because it is too dangerous or painful

The Love Cycle



Learning to Receive

- It is not selfish to focus on receiving God's love
- Receiving God's love opens the way to love Him, love ourselves and love others the way God intends
- Restful receiving – not striving



Mark Virkler – 4 Keys to Hearing God

- Becoming still
- Looking to see (vision)
- Tuning to flow
- Write it down (two-way journaling)

Becoming Still

- Finding a quiet place
- Settling our “inner realm”
 - Am I safe? Am I loved?
- Asking for help from God





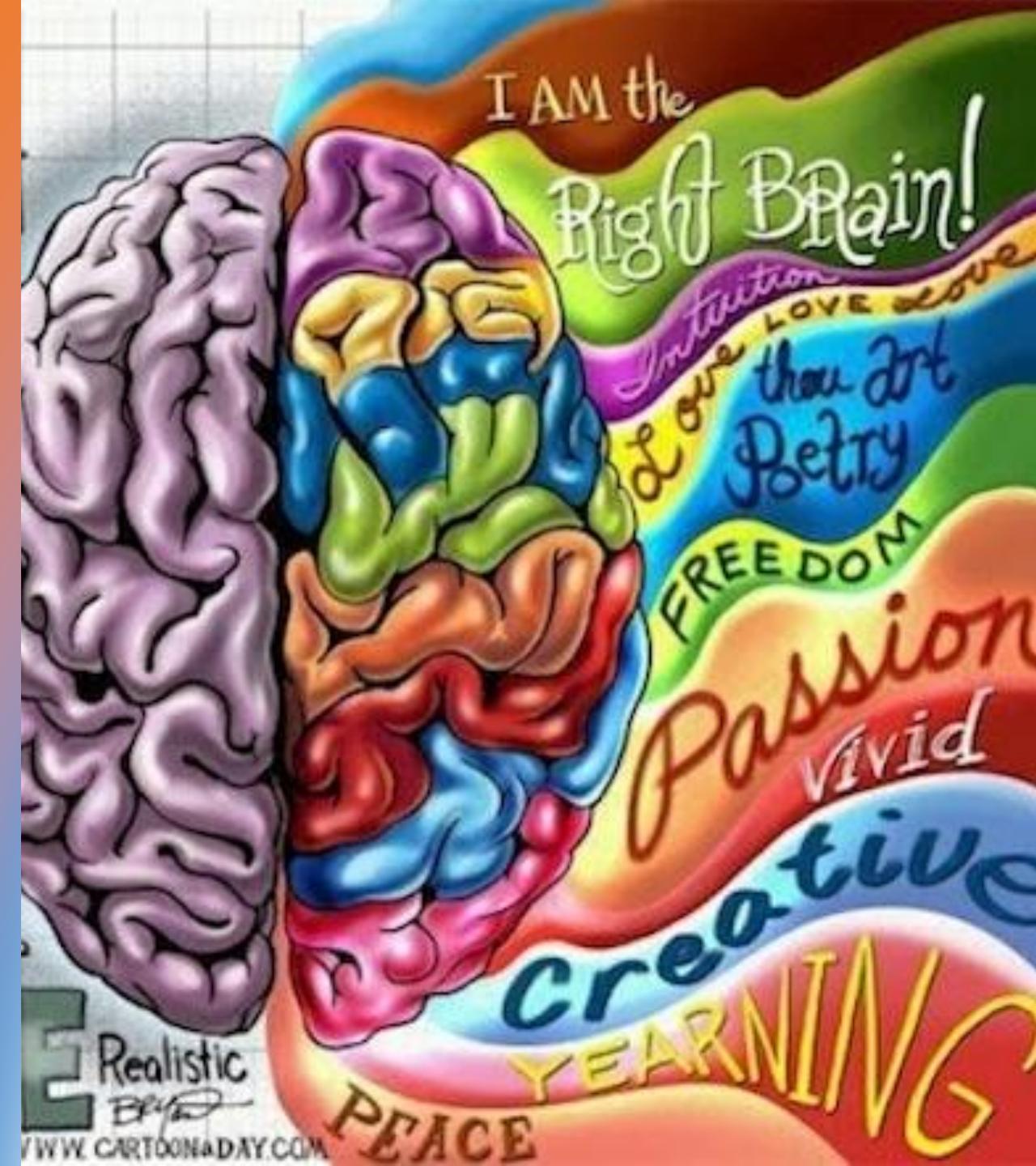
Vision – Sanctified Imagination

- Hab 2:1 NKJV “I will stand my watch...and watch to see what He will say to me...”
- Heb 12:2 NKJV “looking unto Jesus...”
- Col 3:2 NKJV “Set your mind on things above, not on things on the earth.”

Sanctified Imagination

- Eyes – picturing something
- Ears – listening
- Heart – knowing
- Taste, smell, touch...
- First thing that “bubbles up...”





Letting Go...

- Hearing God comes through the right side of the brain – intuition/flow
- Letting go of logic and analysis (for now)
- FIRST THOUGHT/IMPRESSION – usually most authentic/pure

Two-Way Journaling

- Journaling is an incredible tool for processing trauma and for hearing God
- Writing it down keeps a record (we tend to forget) and allows for processing and discerning
- Ask the questions and listen for an answer (relationship focused)
 - “How do you see me?”
 - “Do you love me?”
 - “How can I receive your love today?”
- “Windows into My Soul”





Discernment

- Processing frequency, feel, fruit, etc. of the encounter
- Does it align with Scripture?
- 2 or 3 spiritual advisers if needed (builds confidence in your hearing and as a safeguard)
- Release it to the TRUE FAMILY if you have questions

Blocks

- Analytical thinking
- Trauma
- Trying too hard
(striving/performance/
perfectionism)
- Vows
- Cult programming





John 20:29 NKJV

“Blessed are those who have not seen
and *yet* have believed.”



Activation

- Relax and connect with God
- What do you see?
- What do you smell?
- What are you hearing?
- What would you like to ask Yeshua/Abba/Holy Spirit?
- Are you close to them or far away? Draw near
- Journal your experience