The Six Spiritual Senses

1. Inner Seeing (Visions/Dreams):

This is the ability to see realities. Think of the prophet Ezekiel, whose book is filled with vivid, heavenly visions. God opened his eyes to see the divine throne. (Ezekiel 1:1-28) This spiritual sight is a powerful manifestation of anointing that we believe we can all have. **We should pray for eyes to see the spiritual realities of God's presence and kingdom.**

2. Inner Hearing (The whisper/Thoughts):

This is not just hearing an audible voice, but sensing a clear word, a thought, or a warning. Elijah didn't find God in the wind, the earthquake, or the fire, but in a "still small voice". (1 Kings 19:11-12) It was a gentle, inner hearing. God's voice often sounds less like thunder and more like a knowing thought you can't shake. **Ask God for ears to hear His voice and His moving.**

3. Inner Knowing (Gnosis/Conviction):

This is a deep, unshakeable certainty. You just know something is true. Peter had this inner knowing when he declared, "You are the Christ, the Son of the living God." (Matthew 16:16) That wasn't a guess. It was a divine download. **When you are in a place of uncertainty, ask the Holy Spirit to teach you and help you find that knowing.**

4 & 5. Inner Tasting and Smelling (Discernment):

These senses help us discern good from evil, sweet from foul. "Taste and see that the Lord is good." (Psalm 34:8) The Psalmist invites a senseory test! The fragrance of Christ is a theme in Scripture. **We activate this by being mindful of the God honoring things, when we do by default what honors God, you will discern what isn't honoring to Him.**

6. Inner Feeling (Presence/Warmth/Joy/Conviction):

This is perhaps the most common way we recognize the Holy Spirit. It's th ephysical, emotional impact of His nearness. Holy Spirit often bypasses to our soul. "May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope." (Romans 15:13) **Pay attention to those unexpected moments of peace and joy, overwhelming embrace of warmth of love and conviction and caution. That are signs that the Spirit is at work.**

Date: _____

Prayer of Invitation:

Pray this simple prayer: **"Holy Spirit, make your presence known to me through one of my spiritual senses."** Ask to feel his warmth, sense his peace, and hear his whisper. Don't be afraid to ask for a tangible sign. God wants to connect with you! Write your prayer below or write key prayer points.

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Pause and record what you felt:

Pause and take a moment to feel/sense the Holy Spirit speaking to you. Write what you felt/sensed below.

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Reflection:

What did your experience show you about God and who He is?

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What did you learn from this experience?

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