

Praying Through an ACTIVATION

One of Matt Holman's favourite ways to pray is by using an 'activation', which simply means hearing God through an activity. He introduces one here.

When we look at scripture, we encounter many stories of how God speaks to humanity. I love reading those biblical stories as well as hearing current examples of how people connect with God today. Every single time there are notable differences in how he speaks - this to me is overwhelming evidence that the voice of God is not stale nor stagnant but always flowing, just like the rivers described in Ezekiel 47 ...so where the river flows everything will live...

Prayer, in essence, is positioning ourselves to engage with the living God and,

therefore, with the reality that we are created for an eternal, intimate relationship with him, just as he designed. When we think about how we interact with those close to us, we see that this happens in a variety of ways - it's no different with God.¹

Lynn Green states, in her call for us to be beacons of prayer, that God has been speaking to her from Isaiah 43:18-19:

'Forget the former things; do not dwell on the past.

*See I am doing a new thing!
Now it springs up; do you not perceive it?*

*I am making a way in the desert
and streams in the wasteland!*

That passage has been significant to me in recent years because it is a powerful call to re-focus on Jesus and what he is doing in any given moment. It's a call to encounter God's perspective and to experience intimacy with Jesus while simultaneously finding ourselves in the desert, amongst life's challenges.²



Whilst God is the same yesterday, today and forever, he is also a continually creative God who is always doing a new thing. So, with Isaiah 43 in mind, my encouragement for us all at this time, is specifically to ask God to help us perceive the new thing in our lives - maybe this 'thing' is for us to encounter God's voice in a new way.

One of my favourite ways to pray is by using an 'activation': this simply means hearing God through an activity. There are endless ways to engage with God and the more time we spend with him the more we discover how we hear best. For example, if you struggle to focus in quiet moments, then using a physical activation could be a great way for you to pray.

Here is an activation that I hope will encourage you as you connect with God's voice, perhaps in a new way.

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- 1 Why not look up these scriptures for a reminder of some of the ways in which God speaks to us:
2 Timothy 3:16 (scripture), 1 Kings 3:5 (dreams), Jeremiah 23:16 (visions), Psalms 19:1-2 (nature).
 - 2 Isaiah 43 was part of what inspired me to write the song 'Jesus is Holy' with Luke Wareham and Matt Caddick in 2022 (EP - Pure Heart)

Activation

- 1 Start by reading Ezekiel 47:1-12
- 2 Visualise yourself by that river (imagine the scene, look at a picture or even go and sit by a river - whatever works best for you)
- 3 Invite Jesus to come and be with you
- 4 Where do you picture yourself in that scene?
You might be standing on the bank; on the other hand, maybe you are ankle deep in the river or have jumped right in!
- 5 What else can you see or sense?
- 6 What might Jesus be wanting to say to you from this picture? - Ask him

Possible Interpretation

- On the bank: time of rest, observance - invitation to see God's perspective
- Ankle deep: needing to encounter the peace of Jesus (shoes of the gospel of peace - Ephesians 6:15)
- Fully in: Refreshment, restoration, healing



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