

Resting In The Spirit

(Formerly called "Slain in the Spirit")

It is the power of the Holy Spirit so filling a person with a heightened inner awareness that the body's energy fades away until it cannot stand. It is not fainting. The person keeps consciousness but is under the healing power of the Holy Spirit.

Is This Experience Found In The Bible?

In the tenth chapter of The Acts of The Apostles, St. Luke speaks about St. Peter falling into a trance; in the description of Gethsemane, we read about the soldiers falling backward when Jesus spoke to them; and St. Paul fell to the ground during his conversion experience. All of these experiences seem to have been similar to the experience that some have called "being slain by the Holy Spirit," and we are calling Resting in the Holy Spirit.

What Is The Purpose Of Resting In The Spirit?

Many people who experienced Resting in the Holy Spirit experience not just the rest and peace, but God Himself in some way. While under the power of the Holy Spirit, Jesus wants to release the person from the bondage of sin and heal some area of the inner person. The Holy Spirit is free to do many spiritual actions in the person's mind, will, imagination, memory, and emotions when one completely rests and relaxes in His love.

What Should I Do Before The Experience?

Do not make anything happen and do not prevent His power from coming upon you by being frightened about where you will fall, and how you will look, and what people will think about you. Release yourself from any of these fears. Relax in His love and gently praise Him for loving you. Release yourself from all guilt feelings about not being worthy, it is for those who need release, inner healing and infilling.

What Should I Do During The Experience?

During the experience relax in His love. Surrender to His love. Trust that something is happening in you even though you do not feel it emotionally. Stay in the position of relaxation as long as you feel you should.

What Should I Do After The Experience?

When returning to the normal level of mind-consciousness, still inside of you any thoughts of self-condemnation, self-analysis, what will people think, disappointments that you didn't feel anything. Remaining in the resting experience for 5 minutes or for 5 hours is not a sign of greater sinfulness or greater holiness. Words of love and worship to the Father, to the Son and to the Holy Spirit from your sincere heart keep the healing flowing in the heart continuously. Be open to living in God's will every day. This experience of Resting in the Holy Spirit is only a beginning. The Lord will continue His work throughout the hours to come in the remaining week, month, and maybe even years. That He would want to love us and let His Precious Blood cleanse us this way is indeed a great joy. No one praying with us or touching us has healing power. Jesus is the Healer and His Holy Spirit effects the healing because the Father wants it at this moment in your life.

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