

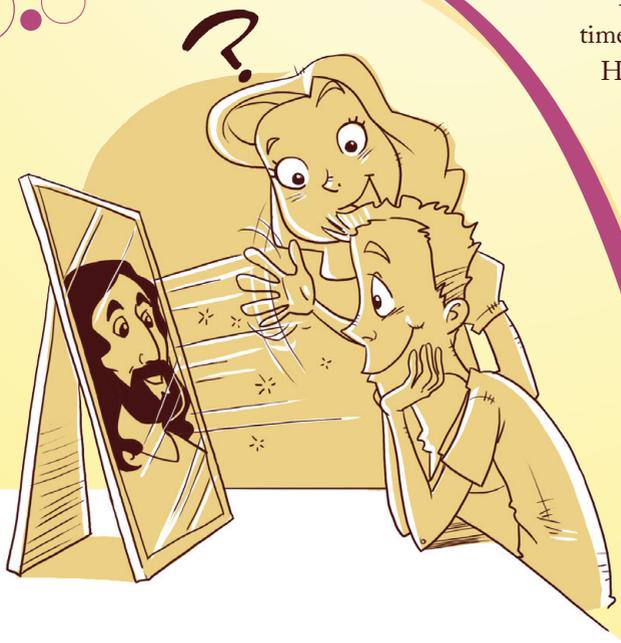
REST AND REFLECT!

How can you channel God so fully that people will recognize His Spirit in you just by your presence, your actions, or a kind word? It's an interesting question to think about.

Think of a pipe channeling water from a large reservoir to a field of crops. In order for the pipe to get the water from one place to the next, it has to be connected to the source of the water. Likewise, in order to channel God to others, we have to spend time with God and let Him fill us with His Spirit and His love.

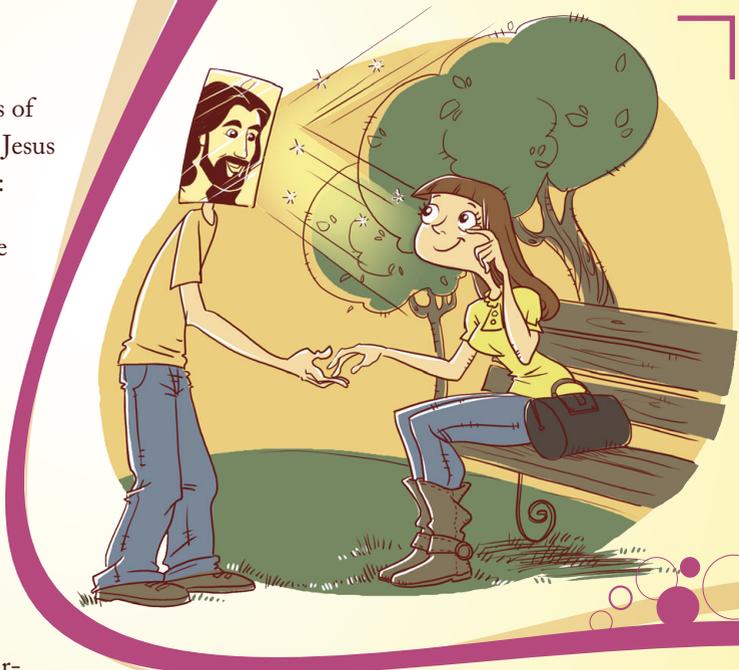
There are many ways to spend time with God, such as by reading His Word, communing with Him in prayer, singing songs of worship and praise, reflecting on His promises, or meditating on Him.

As you spend time with God and reflect on Him and His amazing attributes, you will become a reflection of Him to others. This will help you to be a successful witness.



Here are a few more ideas of ways to get filled up with Jesus that you might like to try:

- Meditate on a promise from God's Word. Think about how the Lord can fulfill that promise in your life.
- Use the first few minutes in the morning when you wake up to think about a concept from God's Word. For example, remind yourself of a Bible character whom God was able to use, the things that person did to obey God's call, and how God used that person despite faults or weaknesses.
- If you feel discouraged because things aren't happening the way you want them to, commit your concerns to Jesus. Ask Him to help sort out the problem or difficulty, and to show you how to navigate around it. Then praise Him for taking care of it.
- Before talking with someone about Jesus, take a few minutes to connect with Him in prayer. Ask Jesus to give you the right words to say. Think of the apostles who experienced God speaking powerfully through them, even speaking languages that they didn't know. Ask the Holy Spirit to give you power for witnessing.
- When you feel pressured or concerned about something, before jumping in to take care of it, stop and commit it to the Lord in prayer and give Him a chance to come through with the solution or answer that you need.



Notable Quote

The more we learn to operate in the spirit, the more we will be in line for the miracles of the spirit. We will be able to do the difficult, because we will be letting His Spirit do it through us.—Maria Fontaine