

# Receiving and Releasing

**"The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favour." Luke 4: 18-19**

**"As you go, proclaim this message: "The kingdom of heaven has come near." Heal those who are ill, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give." Matt 10: 7-8**

**Mark 6: 30-44 - Feeding of the 5000**

Where does your faith reside?

Spiritual		Practical
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When your cup overflows, where does the water go?

**"Jesus said, 'Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.' By this he meant the Spirit, whom those who believed in him were later to receive." (John 7:37-39)**

Breathe the spirit through the day:

- Take a deep breath - the beginning of the day, offer the day to God
- Catch breath - pray during the day and ask God if he wants you to act
- Breath out - at the end of the day thank God and pay into one situation from the day

Learn to hear God's voice

Breathing meditation - breathe in and allow God's spirit in, breathe out and pay the spirit into a situation.

**Peter heals the lame man at the city gate: "Then Peter said, "Silver or gold I do not have, but what I do have I give you. In the name of Jesus Christ of Nazareth, walk." Acts 3: 6**

God is with us wherever we go. His power is available all the time. Miracles:

- [aslaharvest.org/ten-million-miracles-praise-god-for-10-million-chinese-bibles/](http://aslaharvest.org/ten-million-miracles-praise-god-for-10-million-chinese-bibles/)
- [www.premierchristianity.com/Past-Issues/2014/May-2014/Around-the-World-in-80-Miracles](http://www.premierchristianity.com/Past-Issues/2014/May-2014/Around-the-World-in-80-Miracles)

Pray for each other; for the spirit to fill you.

Gift of Prophecy, 1 Cor 14: 1-25 (The Message)

1. Pray for each other to receive the spirit
2. Hear what God wants
3. Release the spirit

Predictive text alternatives for releasing: *reading rehearing threading regretting reheating*