“So, I have come down to rescue them .... to bring them up out of that land into a good and spacious land, a land flowing with milk and honey ...” Exodus 3:8

Exodus 5:1-18

Our bondage can become our identity; something we find we don’t know how live without.

Isaiah 30:1-3 (TLB) Woe to my rebellious children, says the Lord; you ask advice from everyone but me and decide to do what I don’t want you to do. You yoke yourselves with unbelievers, thus piling up your sins. For without consulting me you have gone down to Egypt to find aid and have put your trust in Pharaoh for his protection. But in trusting Pharaoh, you will be disappointed, humiliated and disgraced, for he can’t deliver on his promises to save you.

Exodus 6:5-8 (NLT) You can be sure that I have heard the groans of the people of Israel, who are now slaves to the Egyptians. And I am well aware of my covenant with them. Therefore, say to the people of Israel: ‘I am the LORD. I will free you from your oppression and will rescue you from your slavery in Egypt. I will redeem you with a powerful arm and great acts of judgment. I will claim you as my own people, and I will be your God. Then you will know that I am the LORD your God who has freed you from your oppression in Egypt. I will bring you into the land I swore to give to Abraham, Isaac, and Jacob. I will give it to you as your very own possession. I am the LORD!’”

Canaan Facts:

- Canaan was also called The ________________________________ Land.

- Canaan was known as a land Flowing with ________________________.
• Canaan was the land between the ____________________________ Sea and the

__________________________ River.

• Moses was called by God to lead the Israelites to Canaan to

__________________________ the land.

• ______________________kept the Israelites from entering into Canaan.

• The trip from Egypt to Canaan was an ______ day trip on foot that took the

Israelites

__________ years to make.

• Canaan was a Biblical type of God’s blessing and abundance. Canaan represents

__________________________ for us.
Hebrews 4:8-16 (AVB)  

8 [This mention of a rest was not a reference to their entering into Canaan.] For if Joshua had given them rest, God would not speak about another day [of opportunity] after that.  

9 So there remains a [full and complete] Sabbath rest for the people of God.  

10 For the one who has once entered His rest has also rested from [the weariness and pain of] his [human] labors, just as God rested from [those labors uniquely] His own.  

11 Let us therefore make every effort to enter that rest [of God, to know and experience it for ourselves], so that no one will fall by following the same example of disobedience [as those who died in the wilderness].  

16 Therefore let us [with privilege] approach the throne of grace [that is, the throne of God’s gracious favor] with confidence and without fear, so that we may receive mercy [for our failures] and find [His amazing] grace to help in time of need [an appropriate blessing, coming just at the right moment].

We must be with God in order to receive from God.

Prophetic Soaking with Graham Cooke

Genesis 1:31- 2:2

“We’ve got our blessed and holy mixed up.” – Pastor Dan Nold

Psalm 46:10a “Be still and know that I am God ...”

Be still: ____________________________

Ephesians 2:6 “God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus.”

Matthew 11:28-30
Further Study:

1. Read Rule 2 (pages 17-28) in *The Red Sea Rules*

2. Read Exodus chapters 5-8

3. Read the copy of the article, “The Joy of Soaking.”

4. Practicing Soaking in God’s Presence. Use the youtube soaking video to help you: [https://www.youtube.com/watch?v=rHob8vPAGVI](https://www.youtube.com/watch?v=rHob8vPAGVI)

5. Read, meditate on and journal about the following verses:
   - Genesis 1:31-2:2
   - Psalm 46:10
   - Isaiah 30
   - Matthew 11:28-30
   - Hebrew 4 in the Amplified version of the Bible

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**The Joy of Soaking Prayer**  
Prepared by Tracey Jackson

“Jesus says, ‘Ask and you will receive’. We’re very good at the asking part but how about the ‘receiving’? If we are the ones who are doing all the talking, it’s a pretty one-way conversation. Soaking is the listening part of our conversation with Him. It’s laying aside time to lie down and receive from Him.” --CTF Ministries

“When we discipline ourselves to behold Jesus in every circumstance, a transformation occurs. We learn how to sit, wait and watch for Him every day. The Holy Spirit teaches us about face-to-face, personal adoration; it comes from a worship that flows from a place of rest. When we sit at Jesus’ feet and just be, as Mary did, we behold Him. Worship cannot come out of striving, but out of stillness. Spending time with God gives us a touch from Him - this touch is such a pleasure that it will cause a spirit of adoration to well up in us, and overflow.” --Graham Cooke

There is joy in the life of those who practice soaking prayer. It’s time to lay your burdens at the feet of Jesus. It’s time to find rest for your soul in 2017. It’s time to be still and know that He is God. It may take a little effort to quiet your racing thoughts, but it’s well worth the effort. Let Him lead you beside still waters. Take time to meditate on the following Scriptures:
“Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light” (Matthew 11:28-30).

“The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul” (Psalm 23:1-3).

“Be still and know that I am God” (Psalm 46:10).

How to Soak in God’s Presence

“When it comes to real devotion, come with nothing to do except to sit and learn how to wait, rest and be. Be still. Fill your mind with Jesus. Faith and stillness are sustenance for your spirit, so learn to focus on Jesus. When your mind wanders off, bring it back. Retrain it; it’s had years of having its own way. Renewing your spirit and your mind is exciting and has incredible fruit. Worship becomes natural for you, and the peace of God wells up in your heart. God’s perspective can be seen more quickly.”

-- Graham Cooke

• Find a quiet place - A peaceful environment helps you to become peaceful on the inside.
• Listen to worship music - You may want to use quiet instrumental or quiet worship music. There is so much good soaking music available (www.soaking.net is an excellent resource).
• Quiet down your busy thoughts - Initially your thoughts can be racing all over, but know that the Lord is with you. Turn your attention to Him. Wait for your thoughts to settle.
• Invite the Holy Spirit to come and soak you in His presence - Surrender your mind, body and soul in prayer to the Holy Spirit. Humble yourself before Him.
• Focus on the Lord’s presence - Open your heart to God. You are learning to abide in Him. You are learning to focus on Him and His presence.
• Rest in faith and believe that God is working within you - It isn’t about what you can accomplish through your efforts; it’s about what God is doing in you.
• Give time to soaking in God’s presence - The more time you can spend in His presence, the better. Start with 20 minutes in His presence. You will find as you do this, in a very short time you will want to spend more time in His presence.
• Watch as God changes you - You will leave refreshed and full of the Holy Spirit. Your life will be different because God is changing you through soaking in His presence. You will have an impact on the world around you as you carry God’s presence with you wherever you go.

“Intimacy with God is the key to fruitfulness in every area of our lives. As we become
more aware of His presence in us... so do other people. As we become more affected by His presence in us... so do those around us. By taking time in the secret place with God, we start to walk by the spirit in everyday life. We find that rather than striving to achieve things for God, He is building His kingdom through us.” --CTF Ministries

Begin today by soaking for at least 20 minutes in God’s presence. Go on the internet to www.soaking.net. This website offers free downloads of soaking music. I guarantee that you will be blessed by playing this soaking music. We used it during our month-long 24-7 House of Prayer in Spain. It was a favorite in the prayer room. If you don’t have a computer, put on any quiet worship music. Practice the above points and watch what God does. Soaking prayer will have a transforming effect in your life, and if you practice it regularly.

“Soaking is a dedication: ‘God, this is time just for you.’ Soaking is an invitation: ‘God, do what you want to in me.’ Soaking is an expectation: ‘Thank you, Father, for what you are accomplishing as I rest in you.’ We come to Him like little children believing that He has good things for us. ‘If you then know how to give good gifts to your children, how much more will your Heavenly Father give the Holy Spirit to them that ask Him.” --CTF Ministries

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