

What's Next After You Have Been Slain in the Spirit?

I've fallen in the Spirit – What do I do next?

What happens when we fall in the spirit and what should be our reaction?

Our first reaction when we have fallen in the spirit and aren't familiar with this can be, "Oh great I have fallen in the spirit and everyone is looking at me. What do I do next?" What happens when we fall in the spirit and what should be our reaction?

The best explanation I've heard of falling in the spirit is that when the supernatural (God) meets the natural (us) something has to give and it is us that gives. What should be our response? We should embrace it and discover what God has for us.

When we fall in the spirit there can be many reactions such as:

- Why is this happening to me?
- What just happened?
- Why did I feel woozy and fall?
- Did the person praying over me push me?
- Everyone is looking at me.
- That hurt.
- I feel/look silly.
- What do I do next?

These can be some of the realistic thoughts that go through your mind. The first thing you should do is just relax and rest in the presence of the Lord, after all you just fell under the power of God. If you fell under the power of God, obviously there is a reason. Relax and enjoy the state of rest

you are in and most of all don't be in a hurry to get up. Stay on the floor and focus on the Lord. Try not to think about what to do next or what is happening and most of all don't worry and concern yourself with what people around you are thinking.

While we are in the presence of the Lord there can be many things that are happening:

- We can be in a place of rest.
- Receiving impartation.
- Receiving healing and deliverance.
- Receiving instruction, revelation and knowledge
- Receiving something, but we don't know what.
- Having a vision or encounter with Jesus.
- Receiving the answer to a prayer.

The most important thing is not to get up until you feel the presence lift off of you or until you feel released by the Spirit of the Lord. When we fall in the Spirit sometimes God just plain needs to get our attention, because we have been too busy to slow down and listen to him. This is a way he communicates with us. We may get up and feel as if we received nothing, it is in those times rest and impartations happens. We can't explain it at the moment, but we know we were in the presence of the Lord.

I remember a time I had prayer for a tooth that needed a root canal and crown. I went down in the spirit and laid there and didn't really feel anything. I didn't receive revelation, but as I stood up all of a sudden I felt the power of God on me so strong I had to be assisted walking to my vehicle. I went home and continued to be in the presence for hours. At my surgeon's appointment the dentist said, "What are you doing here, there is nothing wrong with your tooth, go home." The reaction wasn't at that moment, but subsequent, I basked in the presence of the Lord until I felt released to get up. You don't always know what you get at the moment, but you need to

trust God that you are getting something and He knows best.

As you are prayed for and as the Spirit comes upon you, don't be scared or hesitant to be in the presence of the Lord it is wonderful. Focus on the Lord and remember for that moment of time it's just you and him and nothing else matters.

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