

How to Increase Your Supernatural Sensitivity

Every single one of us was made to be sensitive to the Lord. Unfortunately, too many have become hyper-sensitive to the world and carnal things or have become desensitized by the cold callousness of our hearts.

The Holy Spirit wants to befriend us and betroth us in a deeper and greater level of intimacy. However, the fullness of this reality will not take place if we are not sensitive to the leadings and speakings of God's heart.

Are You Desensitized?

Is your heart calloused and desensitized? Are you closed off in continual disregard?

Sin will cause our hearts to be callused. Sin will harden your heart and cause you to become cold and darkened to the movements of God's Spirit.

A desensitized heart causes one to lose the feeling or the softness and tenderness of God's love within. This insensitivity breeds deception and can lead people into being bound to a spirit of witchcraft.

New Hearts

"And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh" (Ezek. 36:26, MEV).

We need constant surgery upon our hearts for the Lord to give us new hearts of flesh and life. Yes, this takes place once the believer receives the Lord Jesus in their hearts, but this is also done through a committed life and process of sanctification.

A calloused heart is, many times, in-firmed or sick because of undealt-with issues in its life from hurt, wounds, offense, loss, rejection, pain and trauma.

The Lord wants to heal you so that your heart can be as soft, warm and filled with life as the very heart of our heavenly Father!

Supernatural Sensitivity

When is the last time that you have felt the tangible presence of the Lord? When was the last time you were sensitive to the breath and the wind of God?

Are you aware of what God is doing? Both corporately and personally in your life?

Are you attuned to the times and seasons of God? Are you awake to the movements and melodies of the Holy Spirit?

Are you catching every little detail of God's heart each and every day for you and around you?

Or are you distracted and in dismay? Are you disillusioned and heavy in your spirit? Are you more sensitive and conscious of what people are doing or what is occurring in this fallen world and planet?

God wants us to be supernaturally sensitive to Him so that we can live and be at our utmost highest optimum levels of joy and happiness.

Discernment is Sensitivity

"But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil" (Heb. 5:14).

That verse is translated as your "senses" being trained and matured to correctly discern what is and is not God.

Every sense within our bodies, our taste buds, our senses of touch and sight, smell, etc., is meant to be submitted to the power of the Holy Spirit.

We are to sense the presence and thoughts of the Lord through our natural and spiritual senses, discerning what He is saying and doing.

Experiencing God

Supernatural sensitivity discerns the thoughts of man and even the thoughts of God. It heightens your awareness to the motives and words of those around you.

Sensitivity to the Lord allows you to feel Him, experience Him, receive from Him, become like Him and walk as He did.

We are created to fully experience the Holy Spirit in HD (High Definition) Blu-ray surround sound. Not just when we die and go to heaven, but right here and now on earth in the Lord Jesus Christ.

Heighten Your Awareness

The gift of discernment enables you to judge properly and accordingly. It righteously leads you to weigh out all things to make the utmost God-led and inspired decision or destiny.

The gift of discernment can be polluted by the soul and our flesh, but abiding in His presence and walking in daily communion can and will increase discerning through His Spirit, rather than just operating from a gift.

If you want to increase your ability to sense, hear, feel, smell, taste, discern and experience the Holy Spirit and the supernatural realms of God, then consider these five practices.

Five Ways to Increase Your Sensitivity to the Holy Spirit

Increased Meditation of God's Word

"But whose delight is in the law of the LORD, and who meditates on his law day and night" (Ps. 1:2, NIV).

Whatever you meditate on, you will manifest. Whatever seeds into your mind will eventually take root in your life.

Meditate on God's Word and become full from the bread of heaven. Fill your mind with God's thoughts and walk in the mind of Christ.

Fasting or Abstaining From Certain Foods and Things

Fasting is scientifically proven to not only cleanse and detox you, but it increases your blood flow and heightens your organs and body to be more sensitive to your surroundings and the spirit realm.

Saying no to certain things like Daniel and his three friends did will cause you to look better in appearance than all of those around you and to obtain knowledge and understanding like none other.

Praying in Tongues

"The one who speaks in a tongue builds up himself" (1 Cor. 14:4, ESV).

When you pray in tongues, you begin to speak and utter forth the mysteries of heaven. You begin prophesying life and destiny over yourself and into creation.

You build up your spirit man and soul when you pray in tongues. You become strengthened and heightened in every area of your being.

For the rest of this article, please visit . {eo}

Dr. Ben Lim is the senior pastor of Open Heavens World, which currently oversees three church plants in Southern California.

He is a dynamic Millennial preacher who has traveled to nearly 50 countries in just the past ten years. He spent his earlier years in the mission fields of Asia and Southeast Asia, preaching the gospel to unreached people groups. He is the CEO of Ben Lim Global and Ben Lim Ministries. His ministry is accompanied with notable signs, wonders and miracles. He holds a doctorate degree of theology from Next Dimension University.

Read articles like this one and other Spirit-led content in our new platform, CHARISMA PLUS.