Ascension (practical tips for exercise)



"In the **last days** the mountain of the house of the Lord will be established as the **chief** of the mountains; it will be raised **above** the hills, and **all nations will stream to it**. And **many peoples** will come and say: "Come, let us go **up** to the mountain of the Lord, to the house of the God of Jacob. He will **teach us His ways** so that we may walk in His paths." For the **law will go forth from Zion**, and the **word of the Lord** from Jerusalem" – Isa 2:2-3

1. Commentary/preparation:

God will reveal and establish the "mountain of the Lord" as being above all the other mountains. He is awakening desire in many people's hearts to ascend/'go there'. God is preparing us for Kingdom realities.

2. Awareness of 'ascension' is coming of age - The 'tide is turning'.

Ascension = learning to live in Heaven, now!

In Kingdom Age, I must learn to reside 'in Heaven' PERMANENTLY – while also living on earth

It is in the Heavens that I get my LIFE and WISDOM and EMPOWERMENT

3. Actually, I'm already there... my spirit's location is already in Heaven.

"No one has ascended to heaven but He who came down from heaven,

that is, the Son of Man who is in heaven." - Jn 3:13 Jesus was in both places at same time

"blessed us with every spiritual blessing IN the heavenly places IN Christ" – Eph 1:3

"We're "seated with Christ IN Heavenly places" - Eph 2:6

"We're "hidden with Christ IN God" - Col 3:3

"You are in fact raised together with Christ! Now ponder with persuasion the consequence of your co-inclusion IN him. Relocate yourselves mentally! Engage your thoughts with throne room realities where you are co-seated with Christ IN the executive authority of God's right hand." – Col 3:1 (Mirror Bible)

4. Not actually traveling into higher elevation in feet or miles

I'm ascending into another realm – Heavenly realm

Adding Heaven's spiritual reality to our earthly reality – dual realities

"Set your affections on things above... not on things below" – Col 3:2

This is my new default orientation – even on my 'worst day' this is true

"Come on up here..." - Rev 4:1

"I am the door. If anyone enters in by me, he will be saved, and will go in and go out, and will find pasture." – In 10:9

Activation:

- 1. Express gratitude and love to my Father for His love and intentions for me and for this amazing inheritance
- 2. Invite the angels and 'spirits of just men made perfect/cloud of witnesses' to assist me.

"We HAVE come to this mountain of innumerable angels... and spirits of just men made perfect..." – Heb 12:22-23

3. Call my spirit man to attention... notify my spirit man to take charge and lead my soul

Require my soul to respond to and follow my spirit man's lead in this exercise

Give my soul permission to experience my true inheritance and position in Christ

4. Physical actions to spark faith

Hands on my head – open the 'doors'/gates in top of our being

"Be lifted up you gates, be opened wide you doors" – Ps 24:7-9

Place hands on my belly and begin to 'pull up' my soul man

"out of his BELLY shall flow rivers of living water" – Jn 7:38

- 5. See my soul man begin to ascend into awareness of Heavenly environment... where my spirit man resides Col 3:1
- 6. Look/listen assistance from angels and spirits of just men made perfect

What do I see, hear or feel on the way? Stay observant... look around

- 7. See myself as confidently seated with Christ IN Heavenly places Eph 2:6
- 8. Receive healing, miracle, breakthrough, the mind of Christ In the context of union/one-ness with Christ" Ps 16:11
- 9. Be ready for Spirit travel with Holy Spirit Acts 8:39
- 10. Be quiet and assess whether I am finished.

Evaluate/Review:

Debrief and make notes for later