THE HABIT OF BEING IN THE SPIRIT

Second Edition

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INTRODUCTION

> *And immediately I was in the spirit: and, behold, a Throne was set in heaven, and one sat on the Throne.*
>
> ***Revelation 4:2***

The life of a believer is, by design, a supernatural one. We have been born into a heavenly and spiritual realm; therefore, we ought to be capable of interacting with that realm and accessing the fullness of its powers and glory. The believer was never meant to be disadvantaged in any dimension of existence, for we possess the God-given capacity to function fully in and from the realm of the spirit — the realm in which everything that manifests in the physical world is first determined.

Just as the fictional 'Superman' defies the natural order of things, a believer ought to be able to transcend the limitations of time and space, and be transported by the Spirit into different parts of the world and into different spiritual dimensions. The scriptures make this abundantly clear. Tragically, however, this is not the experience of many believers, who find themselves limited and manipulated by Satan and his cohorts in the very arena where they were ordained to reign. This is largely because they do not understand the realms of the spirit — how to function within them, and the limitless possibilities available to those who live and operate from that dimension. Satan and his demons understand this perfectly, and they will stop at nothing to prevent the believer from attaining full spiritual faculty and functionality.

There are boundless possibilities available to the believer who understands the realm of the spirit. However, full functionality in that realm requires one to develop the habit of being in the spirit — to learn, in other words, how to enter it, remain in it, and spend increasing amounts of time within it. This is the revelation the Holy Spirit has entrusted to me for you in this book.

In the pages that follow, I will share with you the necessity of being in the spirit, the various levels and dimensions of that experience, and the effects it produces in the life of the believer. I will also share some of the extraordinary experiences I myself have had in the realms of the spirit.

Like the Apostle John in the scripture quoted above, I have been transported in the spirit on countless occasions — to see, to hear, to interact, and to experience life in that realm. It is with great joy and a sense of privilege that I share these experiences with you in this book. Of one thing I am certain: this revelation will transform your life, if you will give yourself wholeheartedly to reading and meditating deeply on it by the Spirit.

CHAPTER 1

The Necessity of Being in the Spirit

Everything we do that is to be acceptable to God — everything that is to grant us access into His presence and power — must be done in the Spirit, and this includes our worship. In the first book of this series, *Accessing the Hidden Powers of Heaven*, I emphasized the necessity of worship in partaking of the holiness of God. The kind of worship, however, that truly enables us to partake of God's power — which is His holiness — is worship done in the spirit.

> *God is a Spirit: and they that worship Him must worship Him in spirit and in truth.*
>
> ***John 4:24***

Notice the word 'must'. It denotes something compulsory, a non-negotiable requirement for a particular outcome. When we declare that something is a must, we are saying it cannot be overlooked or trivialized. If I say, 'You must come and see me at 5pm today,' I am communicating that only 5pm is acceptable — nothing else will do. In the same way, students in many colleges and universities have compulsory courses alongside elective ones. The compulsory courses must be completed in order to graduate; there is simply no alternative. In precisely the same vein, if you intend to truly worship God and access His holiness, worshipping in the Spirit is not optional. It is a compulsory requirement for worship to be acceptable to God and to produce genuine results.

> *For we are the circumcision, which worship God in the spirit, and rejoice in Christ Jesus, and have no confidence in the flesh.*
>
> ***Philippians 3:3***

Every other spiritual activity we engage in — whether prayer, the study of the Word, or any other form of service — must likewise be conducted in the spirit.

> *Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;*
>
> ***Ephesians 6:18***

God is a Spirit, and He cannot relate to anything that originates from the flesh.

> *God is a Spirit: and they that worship Him must worship Him in spirit and in truth.*
>
> ***John 4:24***

Any service or offering rendered in the flesh — giving offerings in the flesh, praying in the flesh, and so on — simply does not reach Him. It cannot cross into the spiritual dimension where God resides, and this is precisely why such activity is a waste of time. The intensity and the duration of the effort make no difference whatsoever. It is analogous to a goat attempting to communicate its thoughts to a human being. No matter how great the effort, it will never succeed, because the two exist in fundamentally different realms. Only worship offered in the spirit is acceptable to God. When we do not worship in the spirit, we inevitably worship in the flesh — and worship in the flesh cannot please God. It is entirely unacceptable to Him.

> *So then they that are in the flesh cannot please God.*
>
> ***Romans 8:8***

Do you notice the word 'cannot'? This ought to arrest our attention. When we attempt to engage God in the flesh, we are not merely struggling — we literally lack the capacity to please Him.

How, then, does one become fleshly? We become fleshly by orienting our minds and lives around the perceptions and priorities of the flesh. This is what it means to be carnally minded — and to be carnally minded is to be in a state of enmity against God.

> *Because the carnal mind is enmity against God: for it is not subject to the law of God,*
>
> ***Romans 8:7***

The Good News translation renders this passage with even greater clarity:

> *And so people become enemies of God when they are controlled by their human nature; for they do not obey God's law, and in fact they cannot obey it.*
>
> ***Romans 8:7 (GoodNews)***

In that translation, the carnal mind is described as an enemy of God. It is not subject to the laws of God and, by its very nature, it cannot be. It is therefore impossible for God to communicate with it, for God does not and cannot speak outside the jurisdiction in which His laws operate.

Consider this analogy: a Nigerian court cannot issue an arrest warrant for an American citizen residing in the United States, because that individual is not subject to Nigerian law. The moment a person leaves a country, the laws of that country lose their jurisdiction over them. In the same way, the carnal mind exists outside the realm of God — it is not within the territory where His law operates. It is therefore wholly beyond the reach of God's voice and governance.

> *Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.*
>
> ***Romans 8:7***

Consequently, regardless of how earnestly they may try, those who are in the flesh cannot please God. Any attempt to engage or access God from that position is a complete waste of effort. As the scripture plainly declares, it will profit nothing.

> *It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.*
>
> ***John 6:63***

We who are saved must remember this foundational truth: we are no longer in the flesh — we are in the spirit.

> *But ye are not in the flesh, but in the spirit, if so be that the Spirit of God dwelleth in you. Now if any man have not the Spirit of Christ, he is none of His.*
>
> ***Romans 8:9***

However, the fact that you are no longer in the flesh does not mean you are incapable of returning to it. You revert to the flesh when you begin to gravitate towards it — when your soul, which is the seat of your mind, will, and emotions, becomes more inclined towards the flesh than towards the spirit. When the soul tilts towards the flesh, even a saved believer can find themselves functioning in the flesh. Conversely, when the soul tilts towards the spirit, the believer functions in the spirit and the spirit becomes the dominant faculty of perception. When the mind becomes overly attached to the things of this world, it progressively aligns itself with the flesh and can eventually become entrenched there.

This important distinction will be explored in greater depth in Chapter 5 of this book.

It is clear, therefore, that not all worship or spiritual activity enables us to engage God in His holiness. The duration and intensity of such activity are irrelevant if it is conducted in the flesh, for no flesh can glory in His presence. For a fuller treatment of this subject, I invite you to read the first book in this series, Accessing the Hidden Powers of Heaven.

> *That no flesh should glory in His presence.*
>
> ***1 Corinthians 1:29***

As you prepare for a deeper level of fellowship with God and a greater engagement with the realms of the spirit, it is essential that you give this matter serious consideration. Is your worship in the spirit, or is it in the flesh? It is entirely possible to have been a believer for many years and never truly worshipped in the spirit. It is possible to serve as a pastor and never once have accessed the throne of God in genuine worship. It is equally possible to have been saved for decades and never offered up prayer that truly originated in the spirit. Every form of prayer and spiritual activity we engage in is meant to be done in the spirit.

> *Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;*
>
> ***Ephesians 6:18***

But how can one truly fellowship in the spirit — whether in prayer, worship, or even in the study of the Word — without first understanding the different levels and dimensions of living in the spirit? You cannot walk confidently in what you do not understand. This is precisely what the Spirit will unfold in the chapters that follow.

CHAPTER 2

The Various Levels of Being in the Spirit

The phrase 'being in the spirit' has become something of a cliché among believers today. It is frequently applied to trivial coincidences — wearing the same colour of clothing as someone else, arriving at the same place at the same time without prior arrangement, and so on. In such casual usage, we risk trivializing something that is deeply fundamental to the Christian life and experience.

Being in the spirit is a profoundly serious and multifaceted reality, and many who have experienced it fail to recognize it as such, simply because they do not understand it. Without understanding, there can be no deliberate continuation or cultivation of the experience. Perpetuation is always a product of understanding. As I have often said, what you do not understand, you cannot replicate.

There are four distinct states or levels of being in the spirit.

Let us consider each of them in turn:

1. Living in the spirit;

2. Being filled with the spirit;

3. Walking in the spirit;

4. Being in the spirit.

All four are scriptural expressions for states of being in the spirit, but the fourth is distinct in that it describes the experience of literally being transported into the spirit realm — a state in which one is genuinely and physically present in that dimension.

There are varying dimensions and depths of spiritual experience available to the child of God, and we ought to be engaging all of them. If you are saved or born again, you are already experiencing the first level — living in the spirit.

1. Living in the spirit

The unsaved person is dead in the spirit. Scripture reveals that he is dead in trespasses and in sins. However, at the moment of the new birth, he is given life — quickened in the spirit. He becomes alive to God in the realms of the spirit and is thus enabled to function within them.

> *And you hath He quickened, who were dead in trespasses and sins.*
>
> ***Ephesians 2:1***

> *And you, being dead in your sins and the uncircumcision of your flesh, hath he quickened together with Him, having forgiven you all trespasses;*
>
> ***Colossians 2:13***

You were quickened — given life in the spirit — at the moment of your salvation. The life you received at that point is eternal life: the very life of Christ. This life, the scripture tells us, resides in the Son of God, and whoever has the Son has this life.

> *And this is the record that God hath given to us eternal life, and this life is in His Son. He that hath the Son hath life; and he that hath not the Son of God hath not life.*
>
> ***1 John 5:11–12***

The Apostle Paul reminds us that all who have received Christ are no longer in the flesh — they are now in the spirit.

> *But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of His.*
>
> ***Romans 8:9***

It is therefore clear that as a born-again child of God, you automatically live in the spirit. By this I mean that your spirit is alive in the realms of the spirit. In the scripture above, however, the Apostle Paul conditions our life in the spirit upon the indwelling of the Spirit. This means that the moment you were born again, the Holy Spirit took up residence within you. He is the earnest — the divine down payment — of your salvation.

> *Now he which stablisheth us with you in Christ, and hath anointed us, is God; Who hath also sealed us, and given the earnest of the Spirit in our hearts.*
>
> ***2 Corinthians 1:21–22***

> *Now he that hath wrought us for the selfsame thing is God, who also hath given unto us the earnest of the Spirit*
>
> ***2 Corinthians 5:5***

> *By whom also after that ye believed, ye were sealed with that Holy Spirit of promise,*
>
> ***Ephesians 1:13b***

> *Which is the earnest of our inheritance until the redemption of the purchased possession, unto the praise of His glory.*
>
> ***Ephesians 1:14***

He comes to dwell within you, and it is His presence in you that quickens and imparts life to your inner man.

> *Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?*
>
> ***1 Corinthians 3:16***

> *For ye are the temple of the Living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people.*
>
> ***2 Corinthians 6:16b***

Does this mean He inhabits your bones and your flesh? No. He resides in your spirit. Nevertheless, He is capable of supplying life to your mortal body — and this is the spiritual basis upon which a believer can walk in divine health.

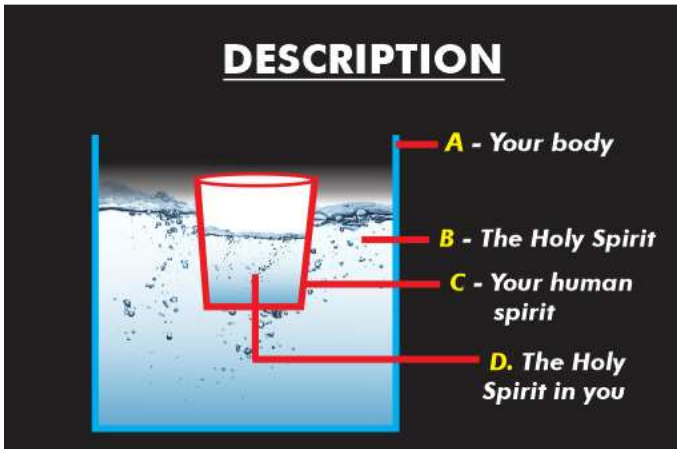
For a deeper study of how the Spirit supplies life to the physical body, I encourage you to read my book Enjoying Divine Health.

> *But if the Spirit of Him that raised up Jesus from the dead dwell in you, He that raised up Christ from the dead shall also quicken your mortal bodies by His Spirit that dwelleth in you.*
>
> ***Romans 8:11***

Remember that your spirit resides within your body — yet if your body were to be opened, your spirit would not be found there in a visible, tangible form, because your spirit exists in the spirit realm even while it inhabits your physical body.

As a young Christian, I often wrestled with the understanding that every child of God lives in the spirit. We are human beings — physical creatures — so how could this be? But the Lord spoke to me on this matter and made clear that what we observe with our natural senses is often different from what is declared in Scripture. What is scriptural is that which is consistent with the Word of God; what we observe is simply that which we experience with our natural faculties.

Consider the diagram below.



The bowl or bucket represents your body. The cup placed inside the bucket represents your spirit, and the water within the bucket represents the Holy Spirit.

From this diagram, we can understand that the Holy Spirit — represented by the water — dwells within your body. Your spirit — represented by the cup — is immersed in Him, that is, in the water that fills the bucket. Therefore, if you are born again, your spirit is enveloped within the Holy Spirit, who dwells within your body. It is this indwelling of the Spirit that quickens you and makes you alive in the spirit.

Living in the spirit, therefore, means that you are alive in the realms of the spirit. This occurs at the moment of salvation when the Spirit takes up residence within you. It means you now possess the capacity to function in the realm of the spirit. However, this is only the beginning — there is a far deeper dimension to explore.

CHAPTER 3

Being Filled with the Spirit

Being born again — living in the spirit — is the foundational, entry-level experience of spiritual functionality. When a child is born, although he arrives in the world with all the faculties he will ever need, those faculties must be nourished and developed for their full capacity to be realized. In the same way, living in the spirit is not sufficient on its own. You must also be filled with the Spirit.

> *And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance.*
>
> ***Acts 2:4***

> *And be not drunk with wine, wherein is excess; but be filled with the Spirit;*
>
> ***Ephesians 5:18***

When you receive salvation, you receive a measure of the Spirit.

Diagram one below illustrates this:



Diagram 1: Living in the Spirit

Notice in the diagram that the cup contains a measure of water, but it is not yet full. This represents our initial experience at salvation — we receive a measure of the Spirit, but we have not yet been filled. Some refer to this filling as the infilling of the Spirit; others call it the baptism of the Spirit. By whatever name it is known, it is an experience that occurs subsequent to salvation.

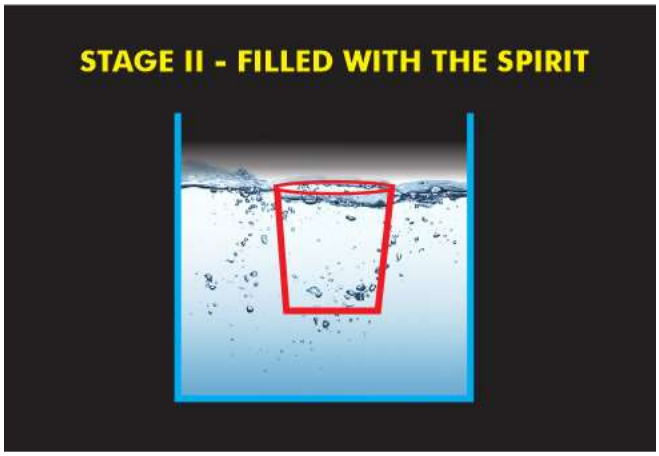


Diagram 2: Being filled with the Spirit

In the first diagram, the cup is in the water and contains some water, but it has not been fully immersed. In diagram 2, however, the cup is not merely resting in the water — it is fully submerged and completely filled. In the same way, at salvation the Spirit begins to dwell within you, but you are not yet filled. Just as the cup must be fully immersed to be completely filled with water, you must be fully immersed in the Holy Spirit to activate your complete functionality in the realms of the spirit. This is what is commonly referred to as the baptism of the Holy Spirit.

When we receive the baptism of the Holy Spirit, we are elevated to a higher dimension of spiritual experience. Being filled with the Spirit endows us with the power of the Holy Spirit to effect the changes God desires in every area of our lives. We see this vividly illustrated in Acts Chapter 2.

> *And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting. And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance.*
>
> ***Acts 2:2–4***

The Holy Spirit came upon them, and they were filled with the Spirit. Notice the specific language of verse 4: 'They were all filled with the Holy Ghost.' This indicates that prior to that moment, although they were already living in the spirit by virtue of their salvation, they had not yet entered this higher dimension. The infilling elevated them to an entirely new level of spiritual experience.

Consider also what we find in John Chapter 20. The disciples had already received the Holy Spirit when Jesus breathed upon them after His resurrection.

> *And when He had said this, He breathed on them, and saith unto them, Receive ye the Holy Ghost:*
>
> ***John 20:22***

Yet in Acts Chapter 1, He instructed them to remain in Jerusalem until they had received the promised Spirit.

> *And, being assembled together with them, commanded them that they should not depart from Jerusalem, but wait for the promise of the Father, which, saith He, ye have heard of Me. For John truly baptized with water; but ye shall be baptized with the Holy Ghost not many days hence. When they therefore were come together, they asked of Him, saying, Lord, 'wilt thou at this time restore again the kingdom to Israel?' And He said unto them, It is not for you to know the times or the seasons, which the Father hath put in His own power. But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto Me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.*
>
> ***Acts 1:4–8***

Was He contradicting Himself? By no means. When He breathed upon them, they received the Holy Spirit and were quickened in their spirits. But He knew they needed something more — the infilling of the Spirit — the empowerment that would equip them fully for the work He had called them to do.

The disciples were therefore living in the spirit at a foundational level, but they had not yet been filled with the Holy Spirit until the Day of Pentecost in Acts Chapter 2, when they gathered in the upper room.

> *And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting. And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance.*
>
> ***Acts 2:2–4***

There, they were filled with the Spirit and began to speak in other tongues.

We find yet another compelling illustration of this in Acts Chapter 19, where the Apostle Paul encountered a group of disciples. They had believed in Jesus and had been baptized with John's baptism, but they had not received the baptism of the Holy Spirit. Paul's question to them is revealing: 'Have ye received the Holy Ghost since ye believed?'

> *He said unto them, 'Have ye received the Holy Ghost since ye believed?' And they said unto him, 'We have not so much as heard whether there be any Holy Ghost.' And he said unto them, Unto what then were ye baptized? And they said, Unto John's baptism.*
>
> ***Acts 19:2-3***

Apostle Paul laid his hands upon them, the Spirit came upon them just as He had on the Day of Pentecost, they were filled, and they began to speak in tongues.

> *And when Paul had laid his hands upon them, the Holy Ghost came on them; and they spake with tongues, and prophesied.*
>
> ***Acts 19:6***

Notice the remarkable similarity between what occurred in Acts Chapter 2 and in Acts Chapter 19. In both instances, the people were filled with the Holy Spirit, with the evidence of speaking in tongues. Why tongues specifically?

Praying in tongues is the means by which we maintain our infilling and remain full of the Spirit.

It is important to understand that being filled with the Holy Spirit is not a static, permanent state that requires no maintenance. Returning to Acts Chapter 2, we see that the disciples were filled with the Spirit on the Day of Pentecost.

> *And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance.*
>
> ***Acts 2:3–4***

Yet in Acts Chapter 4, when the disciples gathered to pray in the face of persecution, they were filled with the Spirit again.

> *And when they had prayed, the place was shaken where they were assembled together; and they were all filled with the Holy Ghost, and they spake the Word of God with boldness*
>
> ***Acts 4:31***

What had become of their initial infilling? If they had already been filled, why the need to be filled again? The answer is that after you have been filled, the process of living and engaging with this world gradually diminishes your level of fullness. The ordinary activities of daily life — conversation, eating, working — direct your attention toward the flesh and away from the things of the spirit, causing your level of spiritual fullness to decline. This is why speaking in tongues consistently is so vital: every time you pray in the Holy Spirit, you are refilled again and again. Scripture makes this necessity abundantly clear.

> *And be not drunk with wine, wherein is excess; but be filled with the Spirit;*
>
> ***Ephesians 5:18***

Notice the word 'drunk' in the scripture above. In this context, to be drunk does not merely refer to being under the influence of alcohol. According to the Merriam-Webster Dictionary,

being drunk means to be dominated or controlled by an intense feeling. What the Apostle Paul is communicating here is that we should not be dominated by strong drink — or, more broadly, by the flesh. Rather, we should be dominated and controlled by the Spirit. He then shows us in the very next verse precisely how this is to be achieved.

> *Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;*
>
> ***Ephesians 5:19***

Do you see that? 'Speaking to yourselves in psalms, hymns, and spiritual songs.' Psalms and hymns are not identical to 'spiritual songs,' otherwise there would have been no need to distinguish between them. Psalms and hymns refer to songs sung in the understanding — in a known language. Spiritual songs, however, are those sung in tongues or in the spirit. The Apostle Paul is therefore instructing us to maintain our infilling of the Spirit through the instrumentality of tongues. Recall diagram 2? At this stage, the water — representing the Holy Spirit — now fills the cup completely. This is precisely what happens when you pray in tongues: you become filled with the Holy Spirit.

Speaking unto God and Being Edified

When you speak to yourself, praying in tongues, you are speaking directly to God and, simultaneously, you are being built up and edified within.

> *For he that speaketh in an unknown tongue speaketh not unto men, but unto God: for no man understandeth him; howbeit in the spirit he speaketh mysteries.*
>
> ***1 Corinthians 14:2***

> *He that speaketh in an unknown tongue edifieth himself; but he that prophesieth edifieth the church.*
>
> ***1 Corinthians 14:4***

Speaking the Wisdom of God

The Holy Spirit is the animating force behind all genuine spiritual experience. God ordained that when you connect with Him through tongues, you are connected to His very wisdom.

> *Howbeit we speak wisdom among them that are perfect: yet not the wisdom of this world, nor of the princes of this world, that come to nought: But we speak the wisdom of God in a mystery, even the hidden wisdom, which God ordained before the world unto our glory:*
>
> ***1 Corinthians 2:6–7***

The wisdom of God is the divine blueprint of your glorious destiny. Consequently, when you are full of the Spirit, you naturally begin to speak forth the wisdom of God.

Releasing Miracles, Signs and Wonders

When you are filled with the Spirit — a state you can cultivate and maintain through praying in tongues — you gain access to the wisdom of God, and from that place, you are positioned to release miracles, signs, and wonders.

There is a profound connection between wisdom and miracles, as we see clearly in Mark Chapter 6, verse 2.

> *And when the sabbath day was come, He began to teach in the synagogue: and many hearing Him were astonished, saying, From whence hath this man these things? and what wisdom is this which is given unto Him, that even such mighty works are wrought by his hands?*
>
> ***Mark 6:2***

Notice that the people marveled at the wisdom given to Jesus as the source and basis for the miracles He performed. Wisdom activates miracles, and you can access that divine wisdom by praying in tongues continually.

Increasing in Strength

When you speak in tongues, your strength in the realms of the spirit increases.

> *Who is as the wise man? And who knoweth the interpretation of a thing? A man's wisdom maketh his face to shine, and the boldness of his face shall be changed.*
>
> ***Ecclesiastes 8:1***

The word "boldness" in the scripture above is the Hebrew word "*oz*". *Oz* means strength. Also, the word "face" in Hebrew is "*panaheim*" it means appearance or countenance. This therefore implies that the strength of your countenance increases with wisdom. When you speak in tongues, your strength increases in the realms of the spirit. Wisdom changes the "oz" of your "panaheim"

> *A wise man is strong; yea, a man of knowledge increaseth strength.*
>
> ***Proverbs 24:5***

Walking in Power

When you are filled with the Spirit, you will be a person of power. Faith alone is not sufficient — faith and power must operate together.

> *Wherefore also we pray always for you, that our God would count you worthy of this calling, and fulfil all the good pleasure of His goodness, and the work of faith with power:*
>
> ***2 Thessalonians 1:11***

Faith — or godliness — without power is nothing more than religion. You need both dunamis, which is power, and peistis, which is faith. Believing, by itself, is not enough. It is belief combined with divine power that produces genuine results.

> *Then said Mary unto the angel, How shall this be, seeing I know not a man?*
>
> ***Luke 1:34***

In the scripture above, we see that Mary believed she could carry a child, yet she could also perceive the apparent impossibility of conceiving without a man. This is why she raised the question recorded there. The angel's response in verse 35 is illuminating.

> *And the angel answered and said unto her, The Holy Ghost shall come upon thee, and the power of the Highest shall overshadow thee: therefore also that Holy thing which shall be born of thee shall be called the Son of God.*
>
> ***Luke 1:35***

Do you see that? She would conceive without a man solely by the power of the Spirit. Here we see divine power undergirding and activating faith. Faith must have a foundation upon which to rest, and the power of God is that foundation. This is why Jesus instructed His disciples to remain in Jerusalem until they received the infilling of the Holy Spirit and were clothed with power. Remember, too, that this power comes as a direct result of being filled with the Holy Spirit, as we see illustrated in the life of Stephen in Acts Chapter 6, verse 5.

> *And the saying pleased the whole multitude: and they chose Stephen, a man full of faith and of the Holy Ghost, and Philip, and Prochorus, and Nicanor, and Timon, and Parmenas, and Nicolas a proselyte of Antioch:*
>
> ***Acts 6:5***

The scripture highlights a defining characteristic of Stephen: he was a man full of faith and full of the Holy Spirit. We then see something equally significant in verse 8 of the same chapter.

> *And Stephen, full of faith and power, did great wonders and miracles among the people.*
>
> ***Acts 6:8***

Here, he is described as full of faith and full of power. When we examine this mathematically, if identical terms can be equated, then the Holy Spirit is equivalent to power. This means that when you are full of the Holy Spirit, you will be full of His power, and you will perform great and mighty wonders, just as Stephen did.

> *And Stephen, full of faith and power, did great wonders and miracles among the people.*
>
> ***Acts 6:8***

We can therefore conclude that being filled with the Spirit through praying in tongues is the fundamental key to walking in the power of the Holy Spirit.

In summary, to walk in the power of the Spirit, you must do the following:

1. Receive the infilling of the Holy Spirit
2. Remain filled by consistently praying in tongues
3. Listen to the Holy Spirit and obey His leading.

I encourage you to study my books Prayer Study Course Series and God's Greatest Gift Ever for a deeper understanding of how to engage the Holy Spirit in prayer.

CHAPTER 4

Walking in the Spirit

We have established that as believers, we live in the spirit by virtue of our salvation. However, we must be filled with the Spirit to access the higher dimensions of that spiritual life.

Walking in the Spirit opens the door to yet deeper experiences of the spiritual life. In this chapter, we turn our attention to what it means to walk in the Spirit.

The Apostle Paul introduces us to the concept of walking in the Spirit in Galatians Chapter 5.

> *This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.*
>
> ***Galatians 5:16***

Walking in the Spirit and living in the Spirit are therefore not the same thing — they are two distinct spiritual realities. It is entirely possible to live in the Spirit and yet not walk in the Spirit. This is why the Apostle Paul exhorts believers who, by virtue of their salvation already live in the Spirit, to go further and walk in the Spirit — so as to enter into an even deeper dimension of spiritual experience.

> *If we live in the Spirit, let us also walk in the Spirit.*
>
> ***Galatians 5:25***

When you are not walking in the Spirit, you are inevitably walking in the flesh. The flesh and the Spirit are perpetually and fundamentally contrary to one another.

> *For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.*
>
> ***Galatians 5:17***

The Apostle Paul draws our attention to this constant conflict between the flesh and the spirit in Romans Chapter 7.

> *For we know that the law is spiritual: but I am carnal, sold under sin. For that which I do I allow not: for what I would, that do I not; but what I hate, that do I. If then I do that which I would not, I consent unto the law that it is good. Now then it is no more I that do it, but sin that dwelleth in me. For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not. For the good that I would I do not: but the evil which I would not, that I do. Now if I do that I would not, it is no more I that do it, but sin that dwelleth in me. I find then a law, that, when I would do good, evil is present in me. For I delight in the law of God after the inward man: But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. O wretched man that I am! Who shall deliver me from the body of this death? I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin.*
>
> ***Romans 7:14–25***

This is the source of the inner struggle we so often experience when we seek to do what is right — the ongoing war between the flesh and the spirit. Many desire to do good, yet find themselves doing what they despise. Paul calls this an internal war, and the anguish it produces is palpable in his cry.

> *But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. O wretched man that I am! Who shall deliver me from the body of this death?*
>
> ***Romans 7:23–24***

This conflict intensifies when the contents of the mind are dominated by things of the flesh, causing a person to follow after the flesh — a pattern the scripture calls walking in the flesh. God, however, does not desire that we walk in the flesh. The law was given as a temporary measure to restrain the flesh. But for the person who is saved and walks in the Spirit, the law is rendered unnecessary. To live above the demands of the law, one must walk in the Spirit.

> *This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.*
>
> ***Galatians 5:16***

> *But if ye be led of the Spirit, ye are not under the law.*
>
> ***Galatians 5:18***

Note that the scripture says 'if we walk.' This is because it is entirely possible for a believer to walk in the flesh. And when a believer walks in the flesh, the inevitable result is the works of the flesh.

> *Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.*
>
> ***Galatians 5:19–21***

Observe that these things are called 'the works of the flesh' — not the works of Satan. They are the fruit we produce when we walk in the flesh. Conversely, when we walk in the Spirit, we produce the fruit of the Spirit.

> *But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.*
>
> ***Galatians 5:19–22***

What does it mean, then, to walk in the Spirit? Simply stated, to walk in the Spirit is to be led by the Spirit. The believer who is led by the Spirit will not gratify the desires of the flesh, for the flesh and the Spirit are in constant opposition to one another.

> *This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. But if ye be led of the Spirit, ye are not under the law.*
>
> ***Galatians 5:16-18***

Watch this! First, in verse sixteen of the above scripture, the Apostle speaks about walking in the Spirit. Then in the eighteenth verse, he substitutes it with being led by the Spirit. This shows us that, walking in the Spirit is equal to being led by the Spirit.

Living in the Spirit — possessing the measure of the Spirit received at salvation — is therefore not, by itself, sufficient. You must also be filled with the Spirit and consistently pray in tongues, as we emphasized in the previous chapter.

When you are filled, saturated, and dominated by the Spirit, it becomes far more natural and sustainable to walk in the Spirit — to be led by the Holy Spirit in every area of life.

> *And be not drunk with wine, wherein is excess; but be filled with the Spirit; Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;*
>
> ***Ephesians 5:18–19***

This is why the infilling of the Spirit is so critical. Its very purpose is to equip and empower you to walk in the Spirit.

Walking in the Spirit is, at its heart, a posture of submission to the Spirit. The struggle ceases when we yield fully to His leading. Jesus himself expressed this truth in the scripture below.

> *My sheep hear my voice, and I know them, and they follow me:*
>
> ***John 10:27***

His sheep hear His voice, follow His leading, and it is through this responsiveness that they are identified as sons of God.

> *For as many as are led by the Spirit of God, they are the sons of God.*
>
> ***Romans 8:14***

Sonship, therefore, is not established by the new birth alone — that is, by living in the Spirit. It is demonstrated and deepened through hearing His voice and obeying it — that is, through walking in the Spirit. This obedient walk in turn leads to the highest dimension of being in the Spirit, which we will explore in the next chapter.

CHAPTER 5

Being in the Spirit

In this elevated state of being in the spirit, one can be literally transported into the realms of the spirit. It is the natural outcome of being filled with the Spirit and walking in the Spirit. This is the dimension God desires for every believer — a life in which we begin to fully experience existence in the realms beyond the physical.

In this state, the believer can be transported from the earthly realm into the realm of the spirit. The Apostle John lived in this dimension.

> *I John, who also am your brother, and companion in tribulation, and in the kingdom and patience of Jesus Christ, was in the isle that is called Patmos, for the word of God, and for the testimony of Jesus Christ. I was in the Spirit on the Lord's day, and heard behind me a great voice, as of a trumpet,*
>
> ***Revelation 1:9–10***

In his introduction, John identifies himself plainly as a brother, a fellow believer, and a companion in tribulation — in other words, a human being, like the rest of us. He was not a spirit or some supernatural being. Yet he declares that he was in the spirit. This confirms that this realm and this experience are ones God intends for all His people to enter and inhabit.

Notice also the precise construction John uses in verse 10. He says, 'I was in the spirit.' This is an entirely different expression from living in the spirit, walking in the spirit, or being led by the spirit. Here, John was literally present in the realm of the spirit — a dimension that is distinct and separate from the physical realm in which we ordinarily exist.

The Two Experiences of the Heavenly Realm

There is the physical realm, and there is the spiritual realm. Within the spiritual realm exists the heavenly realm, where God dwells. Access to that heavenly realm can be granted in two distinct ways, as we see in Revelation Chapter 4.

> *After this I looked, and, behold, a door was opened in heaven: and the first voice which I heard was as it were of a trumpet talking with me; which said, Come up hither, and I will shew thee things which must be hereafter. And immediately I was in the spirit: and, behold, a throne was set in heaven, and one sat on the throne.*
>
> ***Revelation 4:1–2***

In verse 1, while on the Isle of Patmos, John beheld an open door in heaven and heard a voice calling him to come up. At this point, he was receiving an open vision of heaven. But in verse 2, following that call, he found himself in the spirit — and this was no longer merely a vision. He had been literally taken into the realms of the spirit.

Notice that in both instances John saw heaven — but the nature of those encounters was fundamentally different. In one, he was in a visionary state while remaining present in his physical body. In the other, he was caught up and transported into the realm of the spirit itself. From this, we can identify two distinct kinds of encounter with the heavenly realm.

The first is access into the realm of the spirit through a vision, in which the believer remains present in the physical realm — body, soul, and spirit — while being shown things in the spirit. This is what we observe in verse 1 of Revelation Chapter 4.

> *After this I looked, and, behold, a door was opened in heaven: and the first voice which I heard was as it were of a trumpet talking with me; which said, Come up hither, and I will shew thee things which must be hereafter.*
>
> ***Revelation 4:1***

This is a sovereign operation of the Spirit. You do not always need to be literally transported into the spirit to perceive spiritual realities. The Holy Spirit can reveal things to you through a vision while you remain in your physical body.

The second kind of encounter involves being taken into the heavenly realm through the spirit itself — not merely being shown things, but being fully transported and immersed in the realm of the spirit, where you experience its realities firsthand. In this experience, you are no longer present in the physical realm. Consider the analogy of watching a football match live: one person may be in the stadium, experiencing the match directly, while another watches a live broadcast on television. Both are watching live, but one is physically present while the other

accesses the experience through a medium. In the same way, the visionary realm is a spiritual medium — a profound spiritual technology — that grants access to heavenly realities. This is what we see from verse 2 onward, where John is taken in the spirit to heaven and is able to fully interact with all that he encounters there.

> *And immediately I was in the spirit: and, behold, a throne was set in heaven, and one sat on the throne.*
>
> ***Revelation 4:2***

By virtue of salvation, it is the birthright of every believer to see the kingdom of God and to function in the heavenly realm. The new birth positions you, from the very moment of your conversion, to perceive the kingdom of God.

> *Jesus answered and said unto him, Verily, verily, I say unto thee, except a man be born again, he cannot see the kingdom of God.*
>
> ***John 3:3***

This is possible because you are already alive in the spirit.

> *But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his.*
>
> ***Romans 8:9***

You must therefore walk in the Spirit, for it is this walk that positions you at the threshold where you can be taken into the spirit. At that point, you can be transported to experience different dimensions of the realm of the spirit, just as John was. You can even be carried by the Spirit to different nations and cities, without recourse to any form of physical transportation — precisely as happened after Philip baptized the Ethiopian eunuch.

> *And when they were come up out of the water, the Spirit of the Lord caught away Philip, that the eunuch saw him no more: and he went on his way rejoicing. But Philip was found at Azotus: and passing through he preached in all the cities, till he came to Caesarea.*
>
> ***Acts 8:39-40***

Do you see that? Philip was caught away by the Spirit. He vanished completely, and the eunuch saw him no more. Consider the verses that immediately precede Philip's disappearance.

> *Then the Spirit said unto Philip, Go near, and join thyself to this chariot. And Philip ran thither to him, and heard him read the prophet Esaias, and said, Understandest thou what thou readest?*
>
> ***Acts 8:29***

The Spirit instructed Philip to approach the eunuch's chariot. Philip obeyed that leading — and the result was a supernatural encounter. He vanished and was transported to another city without any means of physical conveyance. This extraordinary experience was the direct consequence of being led by the Spirit.

There is so much waiting for us in the realm of the spirit, if only we will fully yield ourselves to the leading of the Holy Spirit.

Aspects of Being in the Spirit

Earlier, we considered the two kinds of encounter with the heavenly realm: one through a vision, and another through the Spirit. These two experiences illuminate two distinct aspects — or depths — of being in the spirit. The first is the awareness aspect; the second is the experience of being literally and fully in the spirit.

The Awareness Aspect of Being in the Spirit

Much is happening in the realm of the spirit at every moment that we are unaware of, simply because we are not conscious of that dimension. You may not sense it or feel it, but it is in constant activity around you. Consider radio waves: they exist in the air all around you at this very moment, yet you cannot see them or hear them. The moment you introduce a radio set and tune its antenna to the right frequency, however, it immediately picks up those signals and they become audible. The activity was there all along; the device simply made you conscious of it.

This first aspect of being in the spirit operates on a similar principle — it concerns your level of awareness of the spiritual realm. When your awareness of the spirit realm exceeds 51% in

comparison to the physical realm, you have begun to enter the awareness dimension of being in the spirit. The determining factor is the comparative weight of your consciousness: which realm is your soul most attuned to?

At this juncture, it is essential to grasp a foundational truth: man is a spirit, who possesses a soul, and who lives in a physical body.

> *And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.*
>
> ***1 Thessalonians 5:23***

Man interacts with the physical realm through His body and with the spiritual realm through his spirit. The determining factor in his awareness of either realm, however, is his soul. The soul functions as a communication channel — a bridge between the body and the spirit. When the soul is more connected to the body, the person becomes more aware of the physical realm. When the soul tends toward the spirit, the person enters into the awareness dimension of being in the spirit. The soul, in this sense, is the umpire between the two.

Being in the spirit, therefore, means becoming more aware of and more yielded to the spirit realm; while being in the flesh means being more aware of and more yielded to the physical realm.

The awareness aspect of being in the spirit is the state in which your soul begins to partner with your spirit — drawn by an increasing consciousness of spiritual realities — and consequently begins to perceive and experience more of that dimension. Consciousness is the gateway. Consider, for instance, how once you become interested in purchasing a particular model of car, you suddenly begin to notice that very model everywhere you drive. Your consciousness of it has been heightened, and as a result, you perceive what was always there but previously went unnoticed. In precisely the same way, a deliberate consciousness of the spiritual realm opens your perception to its activities.

When your consciousness of the spirit realm reaches a threshold where it exceeds your awareness of the physical, you enter the state of spiritual awareness. This is why many people struggle to connect with God or to access the realms of the spirit — their souls are so thoroughly oriented toward the physical that they can only perceive things in the physical realm. There is, however, a level of awareness in which the perception of your soul is rooted in the spirit rather than in the body, and it is from that position that genuine spiritual encounter becomes possible.

You can bring your soul to this level through deliberate engagement of your spirit in activities that edify it — specifically, through the experiences described in previous chapters: being born again, speaking in tongues, and walking in the Spirit.

For example, when you speak in tongues, study and meditate on the Word, and worship in the spirit, you are actively positioning yourself to become more aware of the spiritual realm. Praying in tongues, in particular, heightens your consciousness of the spirit realm. When these practices are carried out consistently in the spirit, they serve as catalysts that drive you toward the second and deeper aspect of being in the spirit: literal transportation into that realm.

2. Literally Being in the Spirit

The second aspect of being in the spirit is the literal catapulting of one's spirit, or one's soul and body — or all three — into the realm of the spirit. In this dimension, you move beyond awareness into an actual, tangible presence in the spirit. You can literally stand in the spirit realm. When your awareness of the spirit realm approaches its fullest expression, you become a candidate for being taken into the spirit at any time and in any place. This is what I refer to as 'crashing into the spirit' — and it is what happened to the Prophet Ezekiel.

> *Moreover the Spirit lifted me up, and brought me unto the east gate of the LORD'S house, which looketh eastward: and behold at the door of the gate five and twenty men; among whom I saw Jaazaniah the son of Azur, and Pelatiah the son of Benaiah, princes of the people. Then said he unto me, Son of man, these are the men that devise mischief, and give wicked counsel in this city:*
>
> ***Ezekiel 11:1–2***

Notice the precise phrase: 'The Spirit of the Lord lifted me up.' This was a sovereign act of the Spirit. Ezekiel was caught up and transported into the realm of the spirit, where he gained access to the mind of God regarding those who were plotting evil against the city.

The Apostle Paul also described this kind of experience in 2 Corinthians Chapter 12.

> *I knew a man in Christ above fourteen years ago, (whether in the body, I cannot tell; or whether out of the body, I cannot tell: God knoweth;) such an one caught up to the third heaven.*
>
> ***2 Corinthians 12:2***

Such experiences become available to us as we pray in the spirit. When you pray in the spirit, your spirit is engaged in prayer.

> *For if I pray in an unknown tongue, my spirit prayeth, but my understanding is unfruitful.*
>
> ***1 Corinthians 14:14***

And as you spend more time in that place — going deeper in prayer — your soul begins to gravitate more strongly toward your spirit, and your awareness of the spirit realm intensifies. When that awareness reaches a sufficient depth, anything can happen. You can be suddenly transported into the spirit.

Furthermore, when you are in the spirit, heaven can be simulated for you in the form of a parable or an enacted vision — even if you have not been taken to the literal heaven. We see an example of this in Ezekiel's encounter with the valley of dry bones.

> *The hand of the LORD was upon me, and carried me out in the spirit of the LORD, and set me down in the midst of the valley which was full of bones, And caused me to pass by them round about: and, behold, there were very many in the open valley; and, lo, they were very dry. And he said unto me, Son of man, can these bones live? And I answered, O Lord GOD, thou knowest. Again he said unto me, Prophesy upon these bones, and say unto them, O ye dry bones, hear the word of the LORD. Thus saith the Lord GOD unto these bones; Behold, I will cause breath to enter into you, and ye shall live: And I will lay sinews upon you, and will bring up flesh upon you, and cover you with skin, and put breath in you, and ye shall live; and ye shall*

> *know that I am the LORD. So I prophesied as I was commanded: and as I prophesied, there was a noise, and behold a shaking, and the bones came together, bone to his bone. And when I beheld, lo, the sinews and the flesh came up upon them, and the skin covered them above: but there was no breath in them. Then said he unto me, Prophesy unto the wind, prophesy, son of man, and say to the wind, Thus saith the Lord GOD; Come from the four winds, O breath, and breathe upon these slain, that they may live. So I prophesied as he commanded me, and the breath came into them, and they lived, and stood up upon their feet, an exceeding great army.*
>
> ***Ezekiel 37:1–10***

We see another instance of this in Acts Chapter 10, where the heavens were opened and a scenario was enacted for the Apostle Peter by the Spirit, specifically to communicate a vital message to him.

> *And he became very hungry, and would have eaten: but while they made ready, he fell into a trance, And saw heaven opened, and a certain vessel descending upon him, as it had been a great sheet knit at the four corners, and let down to the earth: Wherein were all manner of fourfooted beasts of the earth, and wild beasts, and creeping things, and fowls of the air. And there came a voice to him, Rise, Peter; kill, and eat.*
>
> ***Acts 10:9–13***

This is why the accounts of those who have visited heaven or hell in the spirit vary from person to person. Some, while in the spirit, are taken to the literal heaven or hell. Others encounter a divinely crafted simulation of those realms — designed by the Holy Spirit to deliver a specific message.

In still other cases, the believer is taken in the spirit to a location that is neither heaven nor hell — a spiritually constructed environment created by the Holy Spirit for the purpose of imparting revelation or a prophetic message. We see this kind of encounter in the Book of Daniel, Chapter 7.

> *In the first year of Belshazzar king of Babylon Daniel had a dream and visions of his head upon his bed: then he wrote the dream, and told the sum of the matters. Daniel spake and said, I saw in my vision by night, and, behold, the four winds of the heaven strove upon the great sea. And four great beasts came up from the sea, diverse one from another. The first was like a lion, and had eagle's wings: I beheld till the wings thereof were plucked, and it was lifted up from the earth, and made stand upon the feet as a man, and a man's heart was given to it. And behold*

> *another beast, a second, like to a bear, and it raised up itself on one side, and it had three ribs in the mouth of it between the teeth of it: and they said thus unto it, Arise, devour much flesh. After this I beheld, and lo another, like a leopard, which had upon the back of it four wings of a fowl; the beast had also four heads; and dominion was given to it. After this I saw in the night visions, and behold a fourth beast, dreadful and terrible, and strong exceedingly; and it had great iron teeth: it devoured and brake in pieces, and stamped the residue with the feet of it: and it was diverse from all the beasts that were before it; and it had ten horns. I considered the horns, and, behold, there came up among them another little horn, before whom there were three of the first horns plucked up by the roots: and, behold, in this horn were eyes like the eyes of man, and a mouth speaking great things.*
>
> ***Daniel 7:1–8***

In such simulations, the imagery used is representative — it conveys the reality of what is being communicated through the most fitting spiritual symbols.

> *The hand of the LORD was upon me, and carried me out in the spirit of the LORD, and set me down in the midst of the valley which was full of bones. And caused me to pass by them round about: and, behold, there were very many in the open valley; and, lo, they were very dry. And he said unto me, Son of man, can these bones live? And I answered, O Lord God, thou knowest. Again he said unto me, Prophesy upon these bones, and say unto them, O ye dry bones, hear the word of the Lord. Thus saith the Lord God unto these bones; Behold, I will cause breath to enter into you, and ye shall live: And I will lay sinews upon you, and will bring up flesh upon you, and cover you with skin, and put breath in you, and ye shall live; and ye shall know that I am the Lord. So I prophesied as I was commanded: and as I prophesied, there was a noise, and behold a shaking, and the bones came together, bone to his bone. And when I beheld, lo, the sinews and the flesh came up upon them, and the skin covered them above: but there was no breath in them. Then said He unto me, Prophesy unto the wind, prophesy, son of man, and say to the wind, Thus saith the Lord God; Come from the four winds, O breath, and breathe upon these slain, that they may live. So I prophesied as he commanded me, and the breath came into them, and they lived, and stood up upon their feet, an exceeding great army.*
>
> ***Ezekiel 37:1-10***

In the scriptures above, the Prophet Ezekiel was carried out in the spirit and set down in a valley full of dry bones. He was then commanded to prophesy to those bones. However, this valley of dry bones was not a literal, physical location — it was a simulated environment crafted by the Holy Spirit to convey a message and a prophetic mandate concerning the nation of Israel.

> *Then he said unto me, Son of man, these bones are the whole house of Israel: behold, they say, our bones are dried, and our hope is lost: we are cut off for our parts. Therefore prophesy and say unto them, Thus saith the Lord God; Behold, O my people, I will open your graves, and cause you to come up out of your graves, and bring you into the land of Israel.*
>
> ***Ezekiel 37:11–12***

By contrast, the Apostle John was transported into an actual realm of the spirit, as we saw in Revelation Chapter 1.

> *I was in the Spirit on the Lord's day, and heard behind me a great voice, as of a trumpet, Saying, I am Alpha and Omega, the first and the last: and, What thou seest, write in a book, and send it unto the seven churches which are in Asia; unto Ephesus, and unto Smyrna, and unto Pergamos, and unto Thyatira, and unto Sardis, and unto Philadelphia, and unto Laodicea. And I turned to see the voice that spake with me. And being turned, I saw seven golden candlesticks; And in the midst of the seven candlesticks one like unto the Son of man, clothed with a garment down to the foot, and girt about the paps with a golden girdle. His head and his hairs were white like wool, as white as snow; and his eyes were as a flame of fire; And his feet like unto fine brass, as if they burned in a furnace; and his voice as the sound of many waters. And he had in his right hand seven stars: and out of his mouth went a sharp twoedged sword: and his countenance was as the sun shineth in his strength. And when I saw him, I fell at his feet as dead. And he laid his right hand upon me, saying unto me, Fear not; I am the first and the last: I am he that liveth, and was dead; and, behold, I am alive for evermore, Amen; and have the keys of hell and of death. Write the things which thou hast seen, and the things which are, and the things which shall be hereafter; The mystery of the seven stars which thou sawest in my right hand, and the seven golden candlesticks. The seven stars are the angels of the seven churches: and the seven candlesticks which thou sawest are the seven churches.*
>
> ***Revelation 1:10–20***

John was carried into the true heaven, where he encountered the Lord Jesus Christ in His glorified state. We see another such encounter in Revelation Chapter 4.

> *And immediately I was in the spirit: and, behold, a throne was set in heaven, and one sat on the throne. And he that sat was to look upon like a jasper and a sardine stone: and there was a rainbow round about the throne, in sight like unto an emerald. And round about the throne*

> *were four and twenty seats: and upon the seats I saw four and twenty elders sitting, clothed in white raiment; and they had on their heads crowns of gold. And out of the throne proceeded lightnings and thunderings and voices: and there were seven lamps of fire burning before the throne, which are the seven Spirits of God.*
>
> ***Revelation 4:2–5***

This was not a simulation but the real heaven — which accounts for the extraordinary level of detail in his description. I have taken time to examine these scriptures at length because I believe God is calling us as a generation to enter this dimension of spiritual experience. Personally, I have the privilege of being transported in the spirit frequently, having had numerous encounters with the Lord Jesus and having been taken to see and experience various dimensions of the spirit realm. I will share some of these experiences in the final chapter.

Every believer, by virtue of their salvation, has been positioned to enjoy a life that transcends the physical realm. However, to function consistently in this, one must cultivate the habit of being in the spirit — deliberately and consistently orienting the soul toward the spirit man. The more the soul tends toward the spirit, and the more prolonged that orientation becomes, the more the believer can access and enjoy the realms of the spirit.

> *For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.*
>
> ***Romans 8:5***

When your soul becomes more deeply attuned to the spirit, you increase both the likelihood and the frequency of being caught up into the spirit. These spiritual experiences need not be rare or exceptional events — they can become a hallmark of your daily life, if your soul remains consistently attached to and oriented toward your spirit man.

> *If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth.*
>
> ***Colossians 3:1–2***

CHAPTER 6

Effects of Being in the Spirit

There are three major effects that manifest in the life of a believer who develops the habit of being in the spirit.

They are:

- Hear
- See
- Carried away

1. **Hear:** The first effect of being in the spirit is that you will begin to hear the voice of God and the voices of angels.

> *And the angel of the Lord spake unto Philip, saying, Arise, and go toward the south unto the way that goeth down from Jerusalem unto Gaza, which is desert.*
>
> ***Acts 8:26***

> *Then the Spirit said unto Philip, Go near, and join thyself to this chariot.*
>
> ***Acts 8:29***

God speaks to us constantly, but the difficulty lies in our ability to hear Him. As I noted earlier, a radio signal, though always present, cannot be heard until you have a receiver, switch it on, and tune it to the correct frequency. In the same way, God is always speaking — but if you are not in the spirit, you will not hear Him. If your awareness of the spirit realm is not at least at a threshold level, you are unlikely to perceive anything. When you begin to orient your mind toward the spirit realm, however, you will begin to hear the voice of the Holy Spirit. When your soul increasingly partners with your spirit, you will begin to hear things in the spirit that others around you — though physically present — cannot hear. We see a powerful illustration of this in the scripture below.

> *Father, glorify thy name. Then came there a voice from heaven, saying, I have both glorified it, and will glorify it again. The people therefore, that stood by, and heard it, said that it thundered: others said, an angel spake to him.*
>
> ***John 12:28–29***

God spoke in direct response to the words of Jesus, but only Jesus heard what was said. Some of those present heard what sounded like thunder; others assumed it was the voice of an angel. Yet only Jesus perceived exactly what God communicated. In the same way, God speaks frequently — often in direct response to our prayers — but we do not always hear Him. There is so much that God desires for us to access in the spirit and so much He longs to communicate. But He is a Spirit, and those who would hear Him must themselves be in the spirit.

> *God is a Spirit: and they that worship him must worship him in spirit and in truth.*
>
> ***John 4:24***

We must be in alignment — on the same wavelength — with Him. In 1 Samuel Chapter 3, God desired to deliver a message to young Samuel and called to him by name. But He did not force the encounter; He would have withdrawn if Samuel had been unable to discern His voice. It took the spiritual perception of the aged Eli to recognize what was happening and to instruct Samuel on how to respond. Only after Samuel gave the correct response — 'Speak, Lord, for your servant hears' — did God proceed to speak. This is characteristic of the way God operates. As much as He longs for you to hear Him, you must rise to His level. You must be in the spirit in order to connect with His voice.

> *And the LORD called Samuel: and he answered, Here am I. And he ran unto Eli, and said, Here am I; for thou calledst me. And he said, I called not; lie down again. And he went and lay down. And the LORD called yet again, Samuel. And Samuel arose and went to Eli, and said, Here am I; for thou didst call me. And he answered, I called not, my son; lie down again. Now Samuel did not yet know the LORD, neither was the word of the LORD yet revealed unto him. And the LORD called Samuel again the third time. And he arose and went to Eli, and said, Here am I; for thou didst call me. And Eli perceived that the LORD had called the child. Therefore Eli said unto Samuel, Go, lie down: and it shall be, if he call thee, that thou shalt say, Speak, LORD; for thy servant heareth. So Samuel went and lay down in his place. And the LORD came, and stood, and called as at other times, Samuel, Samuel. Then Samuel*

> *answered, Speak; for thy servant heareth. And the LORD said to Samuel, Behold, I will do a thing in Israel, at which both the ears of every one that heareth it shall tingle.*
>
> ***1 Samuel 3:4–11***

It took the discerning spirit of Eli to know that it was the voice of God, and then He instructed him on how to respond. After Samuel gave the right response, God began to speak. This is the character of God. As much as He wants you to hear Him, you must step up to His level. You must be in the spirit to connect with His voice.

> *I was in the Spirit on the Lord's day, and heard behind me a great voice, as of a trumpet, Saying, I am Alpha and Omega, the first and the last: and, What thou seest, write in a book, and send it unto the seven churches which are in Asia; unto Ephesus, and unto Smyrna, and unto Pergamos, and unto Thyatira, and unto Sardis, and unto Philadelphia, and unto Laodicea. And I turned to see the voice that spake with me. And being turned, I saw seven golden candlesticks;*
>
> ***Revelation 1:10–12***

In the scripture above, John was in the spirit on the Lord's Day and heard a great voice. He was able to hear it precisely because he was in the spirit. Physically, he was on the isle of Patmos; but having been taken into the realm of the spirit, he heard the voice of the Lord Jesus speaking directly to him.

Throughout my life and ministry, I have heard the voice of God speaking to me with remarkable clarity — providing specific information about people, situations, and places that I could not have known through natural means.

On one occasion, I travelled to Owerri, Nigeria, for a meeting attended by a number of my senior pastors from various parts of the country. Following the meeting, one of my pastors who had come from Benin City departed to return to his base — a journey of approximately two hours. That morning, however, as I was in the presence of God, I found myself in the spirit, and the Lord spoke to me specifically that this pastor would arrive at his home in Benin City at exactly fifteen minutes to twelve. This seemed implausible at the time. Based on his departure time and the distance involved, he should have reached his destination at least two

hours before the time the Lord had mentioned. Nevertheless, I called another pastor who was with me to serve as a witness to what I had heard.

At 10am, I called the pastor to check on his journey and to begin to assess the accuracy of the word. He informed me that he was already in Benin City and was approximately thirty minutes from home. At that point, I began to wonder whether I had heard correctly — for by all natural reckoning he should have been home before 10:45am. Yet the Lord had said fifteen minutes to twelve. I instructed him to call me the moment he arrived home.

Not long afterward, I was in the bathroom when I heard a sudden shout from the other pastor I had made a witness. He came running toward me with my phone in hand, calling out, 'You are a prophet! You are a prophet!' The pastor from Benin was calling — and the time on my phone read exactly fifteen minutes to twelve.

When I answered, the pastor confirmed that he had just arrived home and was calling as instructed. I asked him why it had taken him so long to get there, given that he had arrived in the city well over an hour before. He explained that he had decided to run some errands and make a few stops before heading home. It was only then that I shared with him what the Lord had spoken to me that morning.

This was made possible because I had been cultivating the habit of being in the spirit.

Accurate prophecy has become a defining hallmark of my ministry — prophecies concerning nations, institutions, and individuals, many of which I received precisely because, at the moment of reception, I was in the spirit and therefore able to connect with and receive information from heaven. These prophecies are all on record, and you can find many of them on our YouTube channel: Isaiah Wealth Ministries.

2. **See:** The second effect of being in the spirit is that you will begin to see into the realms of the spirit. There is a vast amount of spiritual activity taking place around us at every moment that we simply cannot perceive with natural eyes. Angels are constantly

moving between heaven and earth. The fact that this is invisible to the natural eye does not mean it is not happening.

> *And he dreamed, and behold a ladder set up on the earth, and the top of it reached to heaven: and behold the angels of God ascending and descending on it.*
>
> ***Genesis 28:12***

God desires for us to see this heavenly realm, just as Stephen did in Acts Chapter 7.

> *But he, being full of the Holy Ghost, looked up steadfastly into heaven, and saw the glory of God, and Jesus standing on the right hand of God, And said, Behold, I see the heavens opened, and the Son of man standing on the right hand of God.*
>
> ***Acts 7:55–56***

Note that Stephen looked up and saw. This tells us something important: it is possible to look and see nothing, as all those present with Stephen saw nothing of what he saw. The difference was that Stephen was in the spirit.

On one occasion, I was ministering at a camp meeting in Abuja, Nigeria, when suddenly I was in the spirit and saw a pair of kidneys suspended over the head of one of the brothers who was giving a testimony. I called him out and described what I had seen. He confirmed immediately that kidney disease was hereditary in his family — his father had suffered from it and eventually died from kidney failure. Then the Lord instructed me to tell him that He was giving him a brand-new set of kidneys. The accuracy and specificity of that word were made possible only because I was in the spirit.

If you are not in the spirit, you will not see in the spirit. Even the Lord Jesus Christ Himself, at His baptism, looked and saw the Spirit descending upon Him in the form of a dove.

> *And Jesus, when he was baptized, went up straightway out of the water: and, lo, the heavens were opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him: Again, we see this in Revelation Chapter 1.*
>
> ***Matthew 3:16***

Again, we see this in Revelation Chapter 1.

> *I was in the Spirit on the Lord's day, and heard behind me a great voice, as of a trumpet, And I turned to see the voice that spake with me. And being turned, I saw seven golden candlesticks;*
>
> ***Revelation 1:10,12***

In that account, John first heard a voice, then turned and saw. All of this occurred while he was in the spirit. In Revelation Chapter 4, John — being in the spirit — saw a throne set in heaven and perceived the One seated upon it.

> *And immediately I was in the spirit: and, behold, a throne was set in heaven, and one sat on the throne. And he that sat was to look upon like a jasper and a sardine stone: and there was a rainbow round about the throne, in sight like unto an emerald.*
>
> ***Revelation 4:3***

Peter also saw when he was carried in the spirit and entered into a trance.

> *And he became very hungry, and would have eaten: but while they made ready, he fell into a trance, And saw heaven opened, and a certain vessel descending unto him, as it had been a great sheet knit at the four corners, and let down to the earth:*
>
> ***Acts 10:10–11***

As we have seen throughout Scripture, it was entirely normal for the prophets and apostles to see in the spirit — and this ought to be our experience as well. There is, however, one indispensable condition: we can only see when we are in the spirit.

In my own life, these experiences are not unusual. My eyes have been opened on numerous occasions to see the Lord Jesus Christ. I have been taken in the spirit to behold things invisible to the natural eye. On one occasion, I travelled to another country to spend time in prayer and seek God. The hotel where I was staying was, by every natural appearance, extraordinarily beautiful — the finest I had ever seen, with a stunning setting and an immaculate room. I went outside to pray, and later returned to my room to rest. As I slept, the word of the Lord came

to me: 'Get up. Animals are moving.' I rose and began to pray. As I prayed and then drifted off again, my spiritual eyes were opened — and the beauty of the room had completely vanished. In its place, the walls were covered in writing, and the room was filled with repulsive and nauseating things. What had appeared to be a luxury bathroom was now a filthy pit. People were walking through the room, passing through locked doors as though the walls did not exist. The place that had appeared so beautiful in the natural was deeply defiled in the spirit. And God said to me clearly: 'Get up and get out.' I packed my belongings immediately and returned home. Had I not been in the spirit, I would never have seen the true nature of that environment. It is the privilege of the Holy Spirit-led believer to see how things truly are in the spirit realm.

Life is fundamentally spiritual, and the realm of the spirit is entirely real — but many believers never become conscious of this. Consider the place where you live: do you truly know what has taken place, and what is taking place right now, in that location in the spirit? God desires to open your spiritual eyes — but you must position yourself to see, by cultivating the habit of being in the spirit.

Consider the experience of the prophet Elisha, whose city was surrounded by enemy soldiers. His servant, limited to natural perception, was gripped with fear at the sight of the fierce army, the chariots, and the horses arrayed against them.

> *And when the servant of the man of God was risen early, and gone forth, behold, an host compassed the city both with horses and chariots. And his servant said unto him, Alas, my master! How shall we do? And he answered, Fear not: for they that be with us are more than they that be with them.*
>
> ***2 Kings 6:16***

Prophet Elisha, however, was entirely undisturbed by what he saw in the natural, because he was seeing from the spirit. He knew they were not defenseless. His response was to pray that God would open his servant's eyes to the reality visible in the spirit.

> *And Elisha prayed, and said, LORD, I pray thee, open his eyes, that he may see. And the LORD opened the eyes of the young man; and he saw: and, behold, the mountain was full of horses and chariots of fire round about Elisha.*
>
> ***2 Kings 6:17***

When the servant's eyes were opened, he could see what Elisha had seen all along — that although they appeared overwhelmed in the natural, they were in fact powerfully defended in the spirit. This is precisely why you must cultivate the habit of being in the spirit: so that you can perceive the true state of things and not be deceived by what is visible to natural eyes alone.

3. **Carried Away:** When you are in the spirit with regards to awareness, you can be carried away into the spirit. In this case, you are carried in the spirit and are able to relate and interact with materials in that realm. This is not hearing, or just seeing. Here, your spirit is taken by the Holy Ghost into the realm of the spirit.

> *And The hand of the LORD was upon me, and carried me out in the spirit of the LORD, and set me down in the midst of the valley which was full of bones,*
>
> ***Ezekiel 37:1***

The New Living Translation of this passage gives us an even clearer rendering of this powerful truth.

> *And the lord took hold of me and I was carried away by the spirit of the lord to a valley of dry bones*
>
> ***Ezekiel 37:19(NIV)***

We see, therefore, that Ezekiel was carried away in the spirit to the valley of dry bones. Other scriptural examples of this kind of transportation are equally instructive.

> *Moreover the spirit lifted me up, and brought me unto the east gate of the LORD'S house, which looketh eastward: and behold at the door of the gate five and twenty men; among whom I saw Jaazaniah the son of Azur, and Pelatiah the son of Benaiah, princes of the people.*

Ezekiel 11:1

> *So the spirit lifted me up, and took me away, and I went in bitterness, in the heat of my spirit; but the hand of the LORD was strong upon me. Then I came to them of the captivity at Telabib, that dwelt by the river of Chebar, and I sat where they sat, and remained there astonished among them seven days.*
>
> ***Ezekiel 3:14–15***

Do you see that? The Spirit lifted him up and carried him away. That is transportation by the Spirit — divine, sovereign, and instantaneous.

In some instances, a believer can be carried away by the Spirit to another location entirely — to a different city or even a different nation. This is precisely what happened to Philip after he baptized the Ethiopian eunuch.

> *And And the angel of the Lord spake unto Philip, saying, Arise, and go toward the south unto the way that goeth down from Jerusalem unto Gaza, which is desert. And he arose and went: and, behold, a man of Ethiopia, an eunuch of great authority under Candace queen of the Ethiopians, who had the charge of all her treasure, and had come to Jerusalem for to worship, was returning, and sitting in his chariot read Esaias the prophet. Then the Spirit said unto Philip, Go near, and join thyself to this chariot. And Philip ran thither to him, and heard him read the prophet Esaias, and said, Understandest thou what thou readest? And he said, How can I, except some man should guide me? And he desired Philip that he would come up and sit with him. The place of the scripture which he read was this, He was led as a sheep to the slaughter; and like a lamb dumb before his shearer, so opened he not his mouth: In his humiliation his judgment was taken away: and who shall declare his generation? for his life is taken from the earth. And the eunuch answered Philip, and said, I pray thee, of whom speaketh the prophet this? of himself, or of some other man? Then Philip opened his mouth, and began at the same scripture, and preached unto him Jesus. And as they went on their way, they came unto a certain water: and the eunuch said, See, here is water; what doth hinder me to be baptized? And Philip said, If thou believest with all thine heart, thou mayest. And he answered and said, I believe that Jesus Christ is the Son of God. And he commanded the chariot to stand still: and they went down both into the water, both Philip and the eunuch; and he baptized him. And when they were come up out of the water, the Spirit of the Lord caught away Philip, that the eunuch saw him no more: and he went on his way rejoicing. But Philip was found at Azotus: and passing through he preached in all the cities, till he came to Caesarea.*

Acts 8:26-40

Philip was caught away by the Spirit and subsequently reappeared in another city, where he continued preaching the Gospel.

Transportation in the spirit can occur in two distinct ways.

1. **Out of Body Travel:**

The first is out-of-body travel, in which only the spirit is carried away while the physical body remains behind. This was the experience of the Apostle Paul, as he described it in 2 Corinthians Chapter 12.

> *I knew a man in Christ above fourteen years ago, (whether in the body, I cannot tell; or whether out of the body, I cannot tell: God knoweth;) such an one caught up to the third heaven. And I knew such a man, (whether in the body, or out of the body, I cannot tell: God knoweth;) How that he was caught up into paradise, and heard unspeakable words, which it is not lawful for a man to utter.*
>
> ***2 Corinthians 12:2–4***

2. **With Body Travel:**

The second is with-body travel, which is what we see in the case of Philip — the transportation of a person's spirit, soul, and body simultaneously from one physical location to another. For a more detailed treatment of the different dimensions of spiritual travel, I refer you to my book, The Language of the Prophetic.

It can sometimes be difficult to distinguish between these two modes of spiritual transportation — except that in the case of with-body travel, those in the receiving location will see and physically interact with the person who has been transported. If any physical harm were to occur in that location, the marks would also be present when the person returned to their original location.

Both of these modes of transportation are operations of the Spirit, and I have experienced them personally.

On one occasion, I was praying in the spirit in my room when, quite suddenly, I was in the spirit and the Lord transported me to another country. Upon arriving in that place, I began to preach to real people and to prophesy over them. At a certain point, I found myself wondering how I would return to my room — but the Spirit led me to a particular point, and from there I found myself back where I had started.

These are experiences I cherish deeply, but they require intentional cultivation. To enter this dimension, you must first be born again — accepting Jesus Christ as your Lord and Saviour — for it is the new birth that grants you access to the Father and to the realms of the spirit.

> *Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God.*
>
> ***John 3:3***

Secondly, you must be filled with the Spirit and maintain the habit of speaking in tongues.

> *For through him we both have access by one Spirit unto the Father.*
>
> ***Ephesians 2:18***

You must also meditate consistently on the Word of God and yield to the leading of the Holy Spirit in accordance with that Word. This is the essence of being led by the Spirit.

> *For as many as are led by the Spirit of God, they are the sons of God.*
>
> ***Romans 8:14***

All these are to lead you into literally being in the spirit.

(Watch out for the next book in this series: ENGAGING THE REALM OF SPIRITUAL TRAVELS)

ABOUT THE AUTHOR

Dr. Isaiah Macwealth, also known as Isaiah Wealth, is a lover of Jesus, a renowned author, philanthropist, and Senior Pastor of Gospel Pillars Intl. Churches worldwide. He is also the founder of the OneSound Revival Fellowship which runs a TV house, a Bible College, and Charity foundation.

Called a prophet of God, his daily aim is to seek alignment with Heaven to deliver revelatory teachings, prophecies and exhortations right from the heart of the Father to people, nations, tongues, and kings as seen in Revelation 10:11.

On November 11th, 2023, Dr. Macwealth launched his international ministry headquarters, the Ark of Light for all Nations, which has become a Gospel hotspot and an acclaimed mega church in Ikeja area of Lagos, hosting thousands of worshippers weekly and housing a Food and Emergency Bank, known as the Ark Food Bank, a food sanctuary and an emergency response centre in Lagos providing communities across West and Southern Africa with free food, clothing, and emergency supplies

In March 2026, in a bold and strategic move to make church more accessible to a wider audience, Prophet Macwealth launched 8 new churches in a single day—including The Hebron, Gospel Pillars Church Lekki, which now serves as the church's headquarters in Lagos. Since its inauguration, The Hebron has quickly become renowned for its vibrant worship, dynamic atmosphere of prayer, and a thriving community of faith across the island axis of Lagos.

Dr. Macwealth is also passionate to see revival in the United Kingdom as revealed to him by the Lord, for which he works tirelessly and for which he founded the Revival UK Mission (RUM), which is active in missionary training programs and church planting all over the UK and Europe. His mission also plants churches in 5 continents of the world in anticipation of Christ's second coming, according to Matt 24:14 which serves as the foundation of his efforts. The Prophet lives in Lagos Nigeria with his wife and his sons.

To know more about the author, please visit https://macwealth.org/isaiah-macwealth-profile

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