



God's TOUCH – A quick 'warm-up' exerciseGod's touch on our fingers

(If God's touch is something new for you, this exercise may be useful before you begin the touch activation)

We are all called by God, placed here on this earth for a God-given purpose. God reveals our calling over time as we are on this beautiful journey. You may say to yourself right now, "But I'm not in ministry". I believe that we are all ministers. We may not preach in a Church, however, we bring Jesus to others in each day, wherever we go. We are His hands and feet.

Through this simple exercise, God will reveal an area or several areas in the 5-fold ministry gifts (Ephesians 4) where you have been given spiritual gifts. This helps us understand what gifts God has placed in us, to help us fulfill our calling, giving us a glimpse into the destiny He has for us. He has a great plan for our lives!

~~~Set aside a few minutes to be with God and find a comfortable place, where you will not be distracted. Say a simple prayer to welcome God's presence.

~~ Say this prayer or one in your own words: God, I seek to "wake up" my spiritual sense of touch today, in preparation for the in-depth activation. Help reveal my unique calling by touching me on one or more of my fingers right now. Help me to feel Your touch and understand Your calling, in Jesus' name....AMEN.

~~Simply focus on God and pay attention to your fingers. He is faithful to touch you quickly, as a good introduction to His touch.

~~Come right back here and reveal what you felt, if you feel led, or ask any questions you have before you enter into the touch activation.

Here is the finger chart for the 5-fold ministry gifts: (graphic)

Thumb- Apostle

Index finger- Prophet

Middle finger- Evangelist

4th (ring) finger – Pastor

Pinky finger- Teacher — thinking about Our Calling.