

## Living Water

John 4:14 (AMPC) "But whoever takes a drink of the water that I will give him shall never, no never, be thirsty any more. But the water that I will give him shall become a spring of water welling up (flowing, bubbling) [continually] within him unto (into, for) eternal life.

"Moving into the Gifts of God's Indwelling Holy Spirit in Prayer"

Part 2

Pastor Sherry Gregory

In part 1 of this portion of Living Water – The Indwelling Holy Spirit and Moving into the Gifts of God's Spirit in Prayer, I referred to two scripture references of Jesus' gift of Holy Spirit. I related that this part of Jesus' assignment was to send Holy Spirit to indwell believers and to provide extra help, comfort, guide, and protection. Holy Spirit is Jesus' gift for the purpose of prayer, prophecy, and the fulfilling of Father God's plan and purpose, to secure and protect what Jesus did on the cross and when He rose from the dead so that Father God's plan for a family could be completed. Jesus sent us as His Body, the supernatural endowments, and powers to be irrefutable testimonies of God's Love and desire for Abundant Life for us ALL! (**Isaiah 59: 16**, and **Revelation 19: 10b**) In both scriptural references the messengers were God's heavenly angel – Michael the Announcement Angel.

As I discussed with you, throughout Jesus' mission assignment on this earth He told His disciples repeatedly about the Spirit (which was the promise of The Father but that would be sent by Him). He stated that He would be sending Holy Spirit to them and to us (**John 17**).

As Born-again Christians have witnessed over the last 2000 + years, Jesus indeed did send Holy Spirit to dwell in us to give us power we otherwise would not have! This is the plan of the Triune Godhead so that we could be effective and active present witnesses, just as Jesus was and still is through us. This Divine plan (set forth before time as we know it) is so that we could actually do the things that Jesus did and even greater things by our prayer in the spirit and the outworkings of the gifts and the fruits of God's Holy Spirit:

**John 14: 12** (AMPC) "I assure you, most solemnly I tell you, if anyone steadfastly believes in Me, he will himself be able to do the things that I do; and he will do even greater things than these, because I go to the Father."

I also related to you that we are encouraged in the Word of God to build our spiritual strength up by praying in the Holy Spirit. Part 1 I gave you verse 20 of Jude but now read both vs 20 and 21.

**Jude 20-21** (AMPC) "But you, beloved, build yourselves up [founded] on your most holy faith [<sup>a</sup>make progress, rise like an edifice higher and higher], praying in the Holy

Spirit; <sup>21</sup> Guard *and* keep yourselves in the love of God; expect *and* patiently wait for the mercy of our Lord Jesus Christ (the Messiah)—[which will bring you] unto life eternal.”

Regardless of what you have heard from other people, other denominational pastors, teachers, or other religions, go to God’s Holy Word which remains the only Absolute Truth! Jesus and Father God desire for Holy Spirit to indwell us! If we are in the Family of God, we have this ability available to us without Father or Son restricting anyone from having it if they are genuine Huios (sons and daughters of God). In the great RACE in life, we as the Body of Christ have been handed as a gift of grace, “the baton” to carry on the cause of God the Father!

**1 Corinthians 9:24** (AMPC) “Do you not know that in a race all the runners compete, but [only] one receives the prize? So run [your race] that you may lay hold [of the prize] *and* make it yours.”

There is much reward when we strive for Him and work our salvation out, through applying His truths and His gifts as we go along in our journey of life. After all, we have been made for such a time as this to take on Father God’s cause! And if we allow Him to partner with us and guide us, it can be a great joy and victory in every situation and circumstance!

**Psalms 35:27** (AMPC) “Let those who favor my righteous cause *and* have pleasure in my uprightness shout for joy and be glad and say continually, Let the Lord be magnified, Who takes pleasure in the prosperity of His servant.”

The Word also says: **Ephesians 4:30** (AMPC) “And do not grieve the Holy Spirit of God [do not offend or vex or sadden Him], by Whom you were sealed (marked, branded as God's own, secured) for the day of redemption (of final deliverance through Christ from evil and the consequences of sin).”

For part 2 of Moving into the Gift of God’s Spirit in Prayer, and experiencing the Indwelling Holy Spirit, I have been instructed by Holy Spirit to give you some scientific proof of the positive effects of Tongues scientific research that you may not realize! There are several studies that have been done and as usual, some of those physicians who are not Christians and who have developed a negative view of God, His Word and His Holy Spirit, but, we have so much research now on record that proves the information I’m directed to provide to you today.

Oral Roberts University Dr. Carl R. Peterson, M.D. Here is a part of Dr. Peterson’s study: Medical Facts About Speaking In Tongues – Carl R. Peterson, M.D. by [spiritmindbodyconnection](#) | Aug 12, 2020 | [Healing Profiles](#), [Pathways to Health](#), [Spirit Mind Body Connection](#)

“The Physical Benefit of Speaking in Tongues”

God has made provision for you and I to be whole, to be well and to have access to His healing process. There is a study that has been done by Dr. Carl Peterson, M.D. (the husband of author and evangelist Vickie Jamison Peterson). This Study revealed that there is an available healing power that can be released from our own bodies for our own benefit. Dr. Carl Peterson, M.D.

worked on this study at ORU in Tulsa, Oklahoma a few years ago. Being a brain specialist, he was doing research on what the relationship was between the brain and praying or speaking in tongues. Some amazing things were discovered.

Through research and testing he found out that as we pray in the Spirit, or worship in the Spirit, (our heavenly language) there is activity that begins to take place in our brain. As we engage in our heavenly language the brain releases 2 chemical secretions that are directed into our immune systems giving a 35 to 40 percent boost to the immune system. This promotes healing within our bodies. Amazingly this secretion is triggered from a part of the brain that has no other apparent activity in humans and is only activated by our Spirit led prayer and worship.  
“CHRISTIAN-PSYCHIATRY SERVICES, INC.

Dear friend,

Thank you for your inquiry regarding the relationship of extended periods of praying in tongues and joyful laughter to brain activity. As you will read in the enclosed explanation, I shared some information concerning this with several ministers at a gathering some time ago. I pray this information will be helpful to you.

Respectfully,

Carl R. Peterson, M.D.”

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#### “EFFECTS OF EXTENDED VERBAL PRAYER”

“I have had a number of inquiries concerning the efficacy of praying in the spirit (speaking in tongues) and its benefit to the human immune system, i.e., immunity enhanced by chemicals released from a part of the brain. I am attempting to clarify some information I have shared with a number of ministers. This is information that may be deduced from what we know about the way the brain functions. We do know the part of the brain affected most noticeably by extended prayer represents a significant portion of the brain and its metabolic activity. Therefore, voluntary speech during extended vocal prayer causes a major stimulation in these parts of the brain (mainly the hypothalamus).”

“The hypothalamus has direct regulation of four major systems of the body, mainly: a) the pituitary gland and all target endocrine glands;

b) the total immune system;

c) the entire autonomic system; and

d) the production of brain hormones called endorphins and enkephalons, which are chemicals the body produces and are 100-200 times more powerful than morphine.”

“In summary, a very significant percentage of the central nervous system is directly and indirectly activated in the process of extended verbal and musical prayer over a period of time. This results in a significant release of brain hormones which, in turn, increases the body’s general immunity. It is further enhanced through joyful laughter with increased respirations and oxygen intake to the brain, diaphragm and other muscles. This same phenomenon is seen in physical activity in general, i.e., running, etc.

We know from the Word of God that there is a true joy that builds and sustains. Nehemiah tells us the joy of the Lord is our strength. There is joy in the presence of Jehovah. We, as believers having entered into that wonderful presence of our Lord, know this to be true. What we must

continue to remember is that the joy of the Lord spoken of in the Word is so much more than any manifestation. We can truly have that unspeakable joy in the face of any trials we may encounter, if our joy is grounded in a knowledge of the Lord Jesus Christ.

I hope the above information helps to clarify the report you received regarding my statement in the area of the physical effects of speaking in tongues and joyful laughter for extended periods of time. Truly, we all benefit — body, soul, and spirit — from obedience and yielding to the Spirit of God in every area of our lives.

Carl R. Peterson, M.D.”

This excerpt is extracted in verbatim.

That is all for today in Part 2. Review the scriptural references and pray, re-read Dr. Peterson's Study, ask the Lord to give you revelation wisdom, knowledge and faith.

Have a blessed day, basking in the Love of your Heavenly Father God. He IS nearer than your breath, and desires company and fellowship with you so that He can give you Divine Zoe Life and Health! Hallelujah!

Pastor Sherry Gregory