Are You A Feeler?
Mentoring E-Course on the Discerning of Spirits

Session 1: Foundations for Discernment

Feelers: people who have an intuitive ability to sense the spirit realm
- Natural intuition and spiritual gift

"Feeling" can happen in several ways: you can emotionally feel, physically feel the spirit realm, and mentally feel.

First aspect of discernment I started operating in was discerning evil spirits. My level of spiritual warfare heightened and increased dramatically because now I was aware of what was happening in the spirit. The problem is, I felt a lot of oppression. I didn't know how to make it stop and get out from underneath it.

I was demon focused and it became very difficult. One day, God spoke to me a few years into this. I had a mindset that because of my gift, I just felt things other people didn't and in some ways I thought I was just more spiritual than them.

My gift wasn't completely balanced. God spoke to me one day: "You can either live in constant warfare or you can live in My glory. The choice is yours." I didn't know I had a choice!

Got brought me on an amazing journey of learning to live in this glory. I entered into a season of being saturated in the Holy Spirit. It was a season of worship. In this place, my vision of God became so big and my vision of the enemy became so small.

I learned how to live from the glory - over and not under.

I learned how to shift atmospheres rather than coming under them. You can be so full of the glory that when you walking a room, you don't come under the atmosphere in that room, you shift and establish the atmosphere.

Definition of the Gift of Discernment: ability to obtain sharp perception. Seeing past outward appearance into the true nature of something. The ability to see clearly. Discerning of spirits, distinguishing between spirits. The power to see what is not evident.

1 Corinthians 12:10 - distinguish between spirits

Hebrews 5:14 - discern good and evil

Enables the Christian to recognize and distinguish between the influence of God, Satan, the world and the flesh.

Can warn in time of danger.

Keep from being led astray by false teaching.

When you are a feeler, you can feel and sense the spirit realm around you. If you have the ability to feel demons - that's good because then you can do something about it.

Set the foundations - worship will be so important for you to develop God's presence in your life.

Ephesians 6:10-13

Your vision of God and His power MUST be way bigger than any demon you discern.

You also must be saturated in the word - specifically all the scriptures that show the enemy's total defeat and God's total victory in Christ.

Must have correct belief system in place to strengthen and establish your faith in God's protection and power.

Ephesians 6:14-18 Know your armor

1. Truth - mindset and belief
2. Integrity - no open doors
3. Preparation
4. Faith
5. Salvation - What Christ has done for you
6. Word - sword of Spirit
7. Pray in Spirit

Session 2: How to Overcome Oppression

Mark 6: 7 - authority over unclean spirit

Luke 10:19 - Authority and Power

Colossians 2:15 - disarmed power and principalities

1 John 5:18-19 - Born of God and wicked one doesn't touch him

Study these scriptures and read them.

Faith to shut down demonic assignments and shift and cleanse atmospheres

We are all a work in progress, but we must invite Him in and be cleansed by the word and crucify the flesh and shut open doors, so the enemy has nothing in you.

If you are to shift external atmospheres it starts by shifting your internal atmosphere. If you're going to shut down demonic assignments and operations, must have clean hands and pure heart.

If you feel any sense of personal oppression, having the feeling of it, let's you know there is something demonic you are dealing with. So the feeling can be useful. Here's the checklist I learned if you feel personal oppression:

1. Deal with wrong mindset and belief system. Matthew 12:18-20
2. Sanctification Issues
3. Invite the Holy Spirit in to search your heart and mind
4. Is there anything you need to repent of or confess to God
    - 1 John 1: 7-9
    - Sometimes it helps if you can confess to close trusted friends or spouse
5. Make any needed changes to close doors to temptation or sin
6. Be cleansed by the blood of Jesus and the Word daily
7. Get into God's presence in personal worship or corporate worship
    - Matthew 12: 43-45 Occupy cleansed space

Session 3: Four Types of Discernment

Understanding the different types of discernment including the discerning of demons, angels, the human spirit, and the Holy Spirit.

1. Demons:

Hierarchy in the spirit realm. Ephesians 6:10-12. Organizational structure. Different ranks. Principalities in the second heaven realm…over territories.

Demonic spirits in operation in the world around us that seek to inhabit and work through people. Need a host to operate through.

Dry and arid places outside of a person. Matthew 12:43

Discerning the presence of demon spirits. Example: I was near a lady and felt dizziness come over me. A spirit of confusion. Not everything you feel is you.

2. Angels:

Human form: Hebrews 13:2. Actually see them.

Spirit form: can discern their presence. Feel them.

Angels can be sent by God to minister to you.

Angels have many functions in scripture. Some of those functions include:

1. They are sent by God to assist those who will inherit salvation. (Heb 1:14)
2. They can help minister cleansing and purging. (Isa 6:6-7)
3. They can assist in the healing ministry. (John 5:4)
4. They can help bring breakthrough and deliverance. (Acts 5:19, Psa 34:7, Acts 12:7)
5. They can help bring guidance and direction. (Acts 5:20, Acts 8:26)
6. They can be used by God to administer judgement. (Acts 12:23)
7. They can bring prophetic direction and assurance in a difficult situation. (Acts 27:23-24)
8. They can bring divine protection from evil and danger. (Psa 91:11)
9. The can minister strength to you. (Luke 22:43, Mt 4:11)
10. They hearken to the voice of God's word. (Psa 103:20)
11. They can deliver a word or message from God. (Mt 1:20, Luke 1:13, Rev 1:1)
12. They can appear in dreams. (Mt 2:13)
13. They will separate the wicked from the righteous. (Mt 13:49)
14. They will gather the elect together at the end of the age. (Mt 24:30-32)
15. They have names. (Luke 1:19)
16. They can appear in visions. (Acts 10:3)
17. They rejoice when someone repents of sin. (Luke 15:10)
18. They delivered the Law. (Acts 7:53, Gal 3:19, Heb 2:2)
19. They have their own language. (1 Cor 13:1)
20. True angels will not contradict the gospel of Jesus Christ. (Gal 1:8)
21. They worship God. (Heb 1:6)
22. They are described as winds and flames of fire. (Heb 1:7)
23. They can manifest in human form. (Heb 13:2)
24. They are subservient to Jesus. (1 Pet 3:22)

3. Human spirit:

Thoughts and intents of the heart - know people's thoughts and heart motives. Also feel their soul and what's on the inside.

Matthew 9:4

Luke 5:22

Luke 9:47

4. Holy Spirit:

Discerning His presence. In a meeting or calling you to prayer.

Session 4: The Purpose of Discernment

The main purpose of discernment is prayer and intercession. Understanding what intercession looks like.

James 5:16 The effective powerful prayer of a righteous person avails much. Learn how to lay life down in prayer.

Can God trust you with the secrets of His heart? When God can trust you, He will show you more.

Fine line between discernment and accusation. What is the difference?

How do you clear your personal vision to see more clearly? Deal with the plank in your own eye so you can remove speck from brother's eye.

Understand the purpose is for intercession, not to judge.

Matthew 7:1-2

Session 5: Discerning of Spirits in Healing & Deliverance

One thing I have learned in the healing ministry is that not every source of sickness is the same. You can have two people standing in front of you with the same identical symptoms, but with two very different sources. Sometimes sickness is very natural. It has a natural physical root that needs healing. At other times it is spiritual and the root is a demonic oppression. One needs a healing prayer of faith while the other needs to be "cast out" of the body. These prayers are very different. Without a discernment of spirit, it is difficult in the natural to know how to accurately pray.

Many Christians pray "machine gun prayers." They hit everything their natural mind can think of and hope something happens. Usually these kinds of prayers don't product the results we are looking for and our faith becomes hindered because we don't see much happen. But when we pray with power, authority, and discernment, we hit the target and our faith goes even higher.

Overcoming Spirits of Infirmity

Let's look at detecting the influence of the demonic in cases of physical illness. We see very clearly in scripture that there are times sickness is caused by natural infirmity and at other times it is caused by demonic oppression. Discerning of spirits will reveal when the root of an infirmity is spiritual. Such was the case in Luke 13:10-13.

We see two things operating in this scripture. First, the woman was bound by a spirit, a demon of infirmity, who afflicted her physical body for eighteen years causing her to be bent over.

Jesus was able to discern the presence of spiritual affliction through the power of the Holy Spirit and took authority over it. In this particular case, He didn't even directly confront the demon. He just said, "You are pleased from your infirmity." The moment He said that the demon had to leave.

Then the Bible says, after she was released from the spirit of infirmity, Jesus laid His hands on her and healed her deformed body. We can see that she was still in need of physical healing even after the spirit left her because she was still bent over. The effects of the demonic oppression over her back and muscles need to be healed. After casting off the spirits of infirmity Jesus ministered healing to her body by the laying on of hands. First He ministered deliverance through the discerning of spirits and then He ministered divine healing. We see both deliverance and healing operating together here. To have a fully effective healing ministry you must also operate in a deliverance ministry. Jesus did both and at times we will need to as well.

We also see this principle of deliverance and healing operating together with the boy who suffered from convulsions. In Luke 9:42 Jesus rebuked the unclean spirit, healed the child and then restored him to his father.

Jesus did three things in His earthly ministry. He preached repentance, healed the sick and cast out demons. (Mark 6:12-13). We can also operate in the fullness of this ministry today.

Session 6: Ways You Receive Discernment

1. Know It. John 4:17-19 and John 6:64

Sometimes it will be a simple knowing. You don't know why or how you know, you just know. It's a revelation that hits you on your gut level. You may just know an area of oppression in a person's life or you just may know a sickness that is present in their bodies. This often happens to me when I start to flow in the Spirit. I may be praying for people at the altar and I just start knowing the sicknesses in the room and spontaneously start calling them out in rapid succession. Then God starts healing them.

2. Feel It. 2 Corinthians 11:29 and 2 Corinthians 7:9

There are times God allows you to feel what He feels. He will let you feel His joy and even His grief over sin. There are times you can also feel a discernment. There are times when I receive discernment through the word of knowledge for healing by physically feeling it in my body. Sometimes when I'm in a healing service I can get physical pains in parts of my body. I know there's an affliction in that area of the body and God is healing someone in the crows. For me, when the persona is healed the pain leaves me. That's how I know someone is healed. The operation of this gift really releases my faith.

3. Hear It. John 5:30 and Matthew 10:27

Discernment can come by hearing a word in your mind. You'll hear a word like "depression," "suicide," "loneliness," or "rejection." You may also hear a sickness in your mind like "heart condition" or "diabetes." When you hear this, you can ask God to speak to you in more detail and you can grow in pin

pointed accurate discernments.

4. See It. John 1:47-48 and John 5:19-20

You can also discern by seeing. This can happen in several ways and on different levels. God has given us what I call a "sanctified imagination." It's the area in the mind where you can see images and pictures. The Holy Spirit can inspire this area of the mind and communicate to you through pictures in your imagination. There are also times, though more rare, where you can literally see with your eyes open. Your natural surroundings vanish and you are caught up in a vision or trance. This is beyond the realm of your imaginations.

5. Dream It. Acts 2:17 and Matthew 2:12

Sometimes God will give you discernment in a dream. For example, one time I had a dream about a person who was in a rage of anger. I woke up out of my dream and said to myself, "I never see that person in a rage of anger. Why am I dreaming about this person being angry?" A little while later I saw that person go into a fit of rage and everything that was pushed down in that person came out. There was a rage of anger in there, but you couldn't normally see it. It was covered over and pushed down. But the Lord gave me a dream exposing the anger in this person's life. Why? So I could criticize and condemn him? No. It was so I could pray for him and see God move in his life to set him free.

6. Smell It. Revelation 8:3-4 and 2 Corinthians 2:14-16

There are times God will give you discernment through a sense of smell. I've been in meetings where I can smell the Holy Spirit like a sweet incense. At other times I have smelt Him like a burning fire. When I was in bible school I can remember one of my friends telling me that when a certain student came into his row in chapel, he could smell the stench of sulfur. He didn't know what it was at the time, but God was giving him discernment. It turned out that just a few months later this student was expelled from school for serious demonic activity and behavior.

As you pray and ask God to grant to you the gift of the discerning spirits, you will be empowered by the Holy Spirit to effectively pray for and minister freedom, healing, and wholeness to those God sends you to.