



How To Interact With Angels Coaching Guide

Lynn Hare

Introduction

Are you looking for breakthrough in health, relationships, or finances?

Do you want to learn more about how the supernatural realm can help?

Are you ready to meet angels who share Kingdom assignments with you?

Then it's time to get equipped to activate angels "on earth as it is in heaven."

I'm going show you how to interact with angels who can overcome darkness and bring you breakthrough.

Angels are standing by!

It's go time!

How to Interact With Angels

The last couple of years, a lot of people have suffered loss. Many have lost their income. Some have lost their homes. Others have lost businesses, jobs, family members, pets or health.

Maybe old dreams didn't work out for you.

Maybe, like millions of other people, you've had a time of loss and hardship.

But that's okay. Jesus gets it. Jesus "gets" you.

And you can find *His* dream – with the right strategies.

Jesus is saying, *"In this season, I'm birthing a new dream! And with it, a new team. Members of that team are angels! I'm opening up the discernment for your ability to sense angels bringing breakthrough on earth as it is in heaven."*



Here are seven things you can do to get breakthrough when you interact with angels.

1.) Operate With Three Foundations of Discernment

In order to interact with angels, three foundations of discernment need to be in place.

Discernment is the ability to recognize truth, or the ability to tell what's real versus what's a lie. With the chaos going on around us, we need to discern what's from God and what's from the enemy so we can make clear decisions with peace.

Here are the three foundations of discernment you need before you interact with angels.

Build Your Relationship With God.

The first foundation for discernment is to proactively build your relationship with God. We can go deep in our time with the trinity. We've got a heavenly father who loves us unconditionally—as sons and daughters. No matter what happens, he loves us and pours out his forgiveness and grace on us every day.

We worship Jesus, his Son. Our hearts are transformed when we keep the cross—the ultimate place of redemption—at the center of our focus. At the cross, our sins were paid for. Christ's resurrection power transforms people around the

world every day.

When we give our lives to Christ, we're sealed with the Holy Spirit, and he lives inside us. The Holy Spirit brings us truth. We have the ability see and hear fresh truth out of the spontaneous place found in the Spirit of Living God.

Base All Belief on The Word of God

The second foundation for discernment is the Word of God.

"The word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. (Hebrews 4:12)

To discern truth, everything needs to be held up to the standard of Scripture. Truth never contradicts the Bible. Scripture applies to all ages, cultures, times, languages, and races. The Word of God is a brilliant foot lamp and crazy-powerful path light.

Did you know that angels are drawn to Scripture? That's right—whenever you think, read, write, speak, pray, or sing anything about the Word of God, angels like to show up! Angels speak Scripture. They love to quote God's words. They also guard Scripture.

The fight doesn't change the Word of God. The Word of God changes the fight.

Recognize the Power of Your Future in Christ

The third foundation for discernment is to recognize that all truth about your God-given dream is based on your future in Christ.

God has birthed a dream in your spirit—your destiny—prepared in advance for you to fulfill. Truth about your God-given dream is based on your future in Christ.

The enemy puts lies into your head. They in often include lies based on fear, insecurity, unforgiveness, anger, and self-directed bitterness.

But Father God's perspective of you is profound, powerful, and future-driven. God doesn't define his relationship with you in terms of who you are right now, or your finances or relationships, or current successes or failures, but rather who you're becoming.

Father God sees the “future you.” You’re getting transformed as you grow and mature in your faith walk. He sees the “transformed you” today—right now—at this moment.

That’s because God “*gives life to the dead and calls into being things that are not*” (Romans 4:17).

To Discuss

- 1.) What’s your big dream? If you could do anything in the world and you knew you could not fail, what would it be? Sketch an image of the “future you” in action.
- 2.) In writing, share with a mentor or other friend the “next step” you need to take to activate your dream.

2.) Leverage the Power of the Blank Space

Communicating is a two-way street. If we want to hear from angels, we need to carve out time to listen. That happens when we slow down and rest.

When we avoid rest, it’s easy to become exhausted. But when the peace that surpasses understanding guards our hearts and our minds, the life of the Holy Spirit opens up our ability to see in the spirit. When we rest, we open up “blank spaces” needed for creativity and innovation. Our sanctified imaginations spring to life.

Then we are able to discern angels—members of both seen and unseen worlds. When I go for long weekly walks with Jesus in nature, often alongside the Columbia River, I clear my mind and “make room for the increase.” I make room in my head and heart to meet new people, draw financial increase, make global connections, and open up opportunities to open up to disciple the nations.

On these walks, I carve out “angel time” and listen to angels. Sometimes they share their names and assignments with me. I can feel my courage rise when I talk to my personal warrior angels. Other angels give me words of encouragement and Scriptures for people. And other angels stir—I feel a soft breeze and I know they are there to comfort me on tough days.

To Discuss

Where’s your favorite place to get refreshed? Slow down and spend time there with the Lord. Ask him to help you make room for your increase. Is he sending angels to help? Ask.

3.) Pray for God to open the eyes of your heart.

I pray that the light of God will illuminate the eyes of your imagination, flooding you with light, until you experience the full revelation of the hope of his calling—that is, the wealth of God’s glorious inheritances that he finds in us, his holy ones! (Ephesians 1:18 TPT)

Clear your heart and mind of any chatter, and “settle in” with him. Expect to hear the Lord speaking to you. Trust that you will know His voice.

Jesus said that you must become like a child to enter the kingdom of heaven.

“He called a little child to him and placed the child among them. And he said: ‘Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven. And whoever welcomes one such child in my name welcomes me’” (Matthew. 18:2-5).

There are many types of angels. (A link to my training “Powerful Angel Types and Roles” appears at the end of this book.) When you ask Jesus to reveal them to you, you’ll be empowered. Warrior angels can protect you from darkness, even in the most dangerous circumstances! Did you know that God sends angels who bring messages; reveal the future; and even bring new melodies and songs?

To Discuss

1. What happens to your sense of hope when the eyes of your heart are opened? How?
2. What can you do this week to let out your inner child and do “kid-stuff?”

4.) Sense Angelic Activity With Different Modalities

People sense the presence of angels with different modalities. You might see, hear, sense, know, or dream about angels.

There are many ways angels make their presence known.

I have technology angels, including one called Weber, who helped me when I got stuck with computer and internet problems! My website got hacked several times this year and I summoned technology angels who came and showed me the sources of the issues. I got unstuck and completed projects, including online video courses, with their help.

To Discuss

1. How do you hear from God? Do you see, hear, sense, know or dream what he's up to?
2. How do you sense angels? Do you see, hear, sense, know or dream what they're up to?
3. In which modalities would you like to grow? Ask a friend who is strong in that area, what they experience. How did they overcome obstacles along the way?

5.) When speaking with an angel, ask:

- What's your name?
- What's your assignment?
- Who sent you? (A member of the trinity? A person who summoned them?)

As you grow in experience, your questions will grow and shift. Notice this change over time.

In *Seeing Angels*, Joshua Mills says that if you want to learn the name of your angel, with a quiet but audible voice, ask, "What is your name?"

Joshua Mills says to take these steps:

- You may notice, over several days, your eyes drawn to a word over and over. This could be your angel directing you to "see" the name. You will know for sure by the witness of the Holy Spirit, confirming this name to you.
- You may sense a specific name or word in your heart. The Holy Spirit will confirm it.
- You may hear a gentle whisper in your ear. This is your angel speaking directly to you. When you hear the name, say, "Thank you. I'm glad God has sent you to help me."
- You may suddenly "think" the name as it pops into your mind, or you may see a picture that somehow reveals the name—this may include words, a loved one with the same name, and object, etc.

To Discuss

Set aside 15 minutes each day this week to engage with angels. Ask them the

three questions from this section. Share your experience. What were the angels' names? Their assignments? Who sent them?

6.) Four Obstacles to Sensing Angels

Right now you might be saying to yourself, "I'm not experiencing much with angels. What's going on?" Here are four obstacles can block interactions with angels.

A religious spirit

Angels are drawn to where the Holy Spirit is at work. But sometimes things are confined to a legalist spirit of rigidity—including perfectionism and restrictions to the way things have always been done. The Holy Spirit doesn't operate best here. He often does his best work in spontaneous moments.

"Where the Spirit of the Lord is, there is freedom" (2 Corinthians 3:17).

And where Spirit freedom shows up, so do angels.

Relying Exclusively on Knowledge

In your times with God, don't only rely on knowledge you've gained from content. Knowledge can be a good thing. I hope that your mechanic has learned all he needs to know about fixing brakes!

It's not the knowledge that's the problem. It's relying exclusively on facts that gets you in trouble. God sometimes has new supernatural encounters fired up for you not found in any manual.

When you experience truth with your spirit, angel sightings will naturally follow.

Comparing Your Experiences To Others

Don't fall into the comparison trap. Your experiences with angels may be completely different from those of others.

Your angel encounters are chapters in your personal book of life. By definition they will have their own unique look and feel, scope and design, action and "plot twists." Your destiny and assignment are unique. And so are your angel interactions.

Unforgiveness

When we hold onto grudges or offenses, our souls have a heavy heart. The Lord tells us to forgive as he has forgiven us. When we forgive, we can live out of a space of Christ's peace, because we're in alignment with Him.

"For he has brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins" (Colossians 1:13–14).

When we forgive those who've hurt us, we're more likely to sense peace. We sleep better. We can feel more rested and refreshed. Out of a place of authentic grace and mercy, unconditional love comes to life. Here angels can release healing, abundance, revelation, and messages of hope.

You can pray, "Lord, I forgive _____." I give this hurt/offense to you. Thank you for healing my heart. Thank you for sending healing angels."

To Discuss

1. Have you experienced any of the four obstacles to sensing angels? Which?
2. What is one step you can take to remove an obstacle this week?

7. Foster a Culture of Angels

It's easier to interact with angels when angel stories are shared. You can tell people about angels when you pray with them. Invite others to enter into a culture of angels.

Prompt people to be alert for angelic activity. When reports of angels bringing breakthrough in finances, relationships, healings, and revival are shared, your belief will be strengthened. You'll gain confidence in overcoming the enemy by the blood of the Lamb and the words of your testimony (Revelation 12:11).

Are you heading into uncharted territory in this season? Take this to heart:

"See, I am sending an angel ahead of you to guard you along the way and to bring you to the place I have prepared" (Exodus 23:20).

God has sent a guarding angel ahead of you and he has prepared a place for you!

Expect it. Speak it out. Act on it.

It's go time!

Imagine the possibilities!

Also by Lynn Hare

Powerful Angel Types and Roles

We invite you to this online training about angels.

What you'll get from the training:

- Fresh awareness of many kinds of angels that can help empower you
- Insights and tips for activating the prophetic as you interact with new angels on the scene
- Tips for summoning and directing angels to “do the heavy lifting
- “Insider tips” on seeing, hearing, sensing, knowing, and dreaming what Holy Spirit is up to
- Scriptures about angels that will energize and uplift
- Fresh ways to go higher with your destiny
- Tips to fall into step with God’s timing

[Learn more about the Powerful Angel Types and Roles Training here.](#)

About the Author

I'm Lynn Hare, a passionate Christian coach, trainer, and certified teacher. I equip people worldwide to expand their influence with a renewed awareness of their purpose, mission, and vision.

My mission is to activate a million “possibilitarians” around the world – people activating possibilities with hope-filled expectation.

As you get to know the Holy Spirit, you can connect with your destiny as you sense His presence and get a deep sense of peace. You'll begin to see possibilities – paths opening up for you.

With “interactive synergy,” I lead engaging discussions while equipping leaders seeking growth strategies to shape their communities with innovative solutions.

As a certified teacher of 30+ years, I know how to leverage learning styles and strengths to create winning and adaptable approaches needed in a changing world. As an award-winning author, I help people express their messages to multiply their impact and reach.

I serve on the Board of Serving Our Neighbors (James Autry, Executive Director) and am a member of the Marketplace Catalyst, which engages marketplace leaders to influence culture and society for their communities. I live with my husband Tim of 41 years in Portland, OR.

To access my updates and upcoming events, go to lynnhare.com.
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