



PRACTICING THE PRESENCE

Desire: *To develop a continual openness and awareness of Christ's presence living in me.*

Definition: *Practicing the presence is an invitation to see and experience every moment as a gift of God. It is to live alive in union with the Trinity.*

Scripture: *"You have your heads in your Bibles constantly because you think you'll find eternal life there. But you miss the forest for the trees. These Scriptures are all about me! And here I am, standing right before you, and you aren't willing to receive from me the life you say you want." (John 5:39-40MSG)*

God-given fruit:

- *Keeping company with Jesus all day long.*
- *Seeing yourself through God's eyes rather than the eyes of others.*

Reflection Questions:

1. *How easy is it for God to get your attention? When are you best able to hear God's still, small voice?*
2. *What would it look like for you to intentionally seek deeper intimacy with God?*

Spiritual Exercises:

1. *Dedicate some task you are doing to the Lord. Talk to Him about the task before you begin and again when you are done. Do you become any more aware of God in the process? How?*
2. *When a Worship song comes to mind during the day, pay attention to it. Could this song be a word of God to you? If it is, tell God what it means to you to have him come near you in this way.*
3. *Decide to stop several times throughout your day to pay attention to God and practice his presence. Set a clock to remind you. Spend five minutes reading Scripture, praying or just being with Jesus. What is this like for you?*