








Spiritual Discipline: Practicing the Presence

What it is...	Why we practice it...	How we can practice it...
<p>Have you ever wondered what it would be like to live <i>every moment</i> of your life with an awareness of the Spirit of God? Do you have a strong sense that God is present in your small moments as well as the big moments? Is this even something that is possible on this earth? Do you struggle to "see" God in all the moments of your day?</p> <p>Practicing the Presence of God is a way "to keep our soul awake to God", "a way of living into a deeper awareness of God's activity in our lives". (A. Calhoun)</p> <p>Brother Lawrence said in <i>The Practice of the Presence of God</i>, "I make it my business to rest in His Holy presence which I keep myself in by a habitual, silent, and secret conversation with God".</p> <p>It is to "experience every moment as a gift of God and to live alive to union with God". (A. Calhoun)</p>	<ul style="list-style-type: none"> • To have a deeper union with Christ • Grow in awareness of your constant need of God • Learning to let go of controlling and just <i>being</i> with Christ • Seeing yourself through God's eyes rather than the eyes of others • Live in the present • Each moment as sacred <p>(A. Calhoun)</p> <p>"The word is very near you; it is in your mouth and in your heart so you may obey it." (Deut. 30:14)</p> <p>Jesus said, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." (John 14: 27).</p> <p>"For I am the Lord your God, who takes hold of your right hand...(Isa. 41:13)</p>	<p>Pause  throughout the day...</p> <p> Before you begin a task dedicate it to the Lord in a silent conversation</p> <p> During interruptions- tell God, "I am here"</p> <p> Before a small or big moment- tell God, " I know you are here- I'm listening"</p> <p> If a song comes to mind-pay attention-could it be a word from Him?</p> <p> At different times during the day and just think about Him</p> <p> And repeat a verse or short prayer at any time and any place during the day</p> 