

The Presence of God – Daily Exercises

20

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

Think about a time when you felt the presence of God. Write about it. Where was it? Was it in church, or some other location? What were the circumstances? What was your attitude towards God at the time? What did it feel like? What makes you think it was God?

Day 2

There are times when God reaches out to us and touches us with a special dose of His presence, and there are times when we cry out to Him and seek Him and as we draw close to Him, He draws close to us. We have the opportunity to spend time in God's presence every day. Read this verse and answer the questions below:

JAMES 4:7-9 (NIV)

⁷Therefore submit to God. Resist the devil and he will flee from you. ⁸Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. ⁹Lament and mourn and weep! Let your laughter be turned to mourning and your joy to gloom.

According to this verse, how do we experience God's presence?
What are some things that hinder us from drawing close to God?
How can we eliminate the obstacles to God according to this verse?

Day 3

Memorize

PSALM 16:11 (NIV)

You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.

Day 4

There are many different ways to pray, focusing on a list of needs that others have, spending time just focused on how wonderful God is and just thanking Him for who He is, asking for things for yourself, for help or strength. These are all appropriate at different times. What does your prayer time usually consist of? Is it a set routine with a list you go through, or is it just sitting and thinking about God? What is most important is that you are connecting with God. Jesus described it as Him being the vine and us as the branches. We draw our strength, the sap, from Him. As long as we are connected with God, and His Spirit is guiding us, there will be growth. The problem is there are so many things that threaten that connection with Him. What are some things that have hindered the sense of God in your life?

Day 5

There is a book titled "The Practice of the Presence of God" written in the 1600s by someone who visited a monk. In it he describes how he lives in the presence of God every moment of every day. He described it as something he practiced because it didn't come right away. He did it by thanking God as often as he could for everything and doing everything he did out of a heart of love for God. Try doing this for a day. Make it a point to do everything out of gratitude and love for God, from work, to enjoying life.