

Practicing the Presence

Practicing the presence means living with an awareness of God. He's always present — it's just that we get so busy that we don't notice Him. Maybe that's because we're not looking for Him. "You will seek me and find me when you seek me with all your heart." Jeremiah 29:13 (NIV)

Sometimes we can even get so busy doing "good" that we miss seeing Jesus in our day! John 5:39-40 (NIV) says, "You study the Scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about me, yet you refuse to come to me to have life." Let's not become so set on the "to do" list that we miss Jesus!

We live in an age rampant with discontent. What we need is not a different life — more activities and things, but a heart that's content and grateful for the life we have! God wants us to enjoy and experience Him in the moments! Practicing the presence can help us to appreciate the moments and live them to their fullest.

Intentional habits can help us stay connected and aware of God's presence and activity in the daily routines of life. Consider some of the following ideas to help you practice the presence of God throughout your day:

- Put alerts on your calendar that remind you to pause and reflect on where God is in this moment. Have you been aware of God's presence? What might God be leading you to do or say in this moment?
- Place reminders to yourself to help you stay aware of God's presence: Post-it notes, a wristband, a pebble in your pocket. Changing up the ways you stay aware of God's presence prevents any one method from becoming stale or overlooked.
- As we practice the presence of God, we are better poised to reflect His presence and love to others. Begin to look at others through the eyes of God. Regardless of how you feel, listen to them from His heart of compassion.
- Turn off the media and social media and listen to God. You might just become addicted to the quiet!
- Look for things — especially small things — to thank God for during the day: A beautiful sunrise, just enough milk for breakfast, a full tank of gas, an unexpected email or a new friend.
- Keep a journal or list of the times and ways that God showed up through your day.