

Practicing the Presence of God

“I keep the Lord always before me; because he is at my right hand, I shall not be moved.”

–Psalm 16:8

Enjoy these words of Psalm 16. Read them slowly a few times.

- What word or phrase captures my attention the most?
- As I think about the day ahead, how might I “keep the Lord always before” me?
- Pray for your day.

Review

Open your retreat guidebook to the “Morning Day Two” section, the lesson on Practicing the Presence of God. Read through the pages of this section again. Review your notes.

- What stays with me from this section?
- How is the practicing the presence of God currently part of my life? If not, how might I become more attentive to God in the daily moments of my life?

Exercise

- Consider a task, a conversation, or an event in the day or week ahead that will be challenging for me—perhaps something I’m anxious or worried about.
- How can I be attentive to God in the moments of that task, conversation or event? Is there a prayer I can silently pray through it? A Scripture verse I can recite to myself (perhaps Psalm 16:8)? Or is there an image of God I can keep in my mind during the encounter?
- Pray about this experience to come.
- Following the encounter, reflect on how God was present to me, or not. What did I discover about practicing the presence of God?

Reflection

God is forming us into a new people.
And the place of that formation is in the small moments of today...
[where] transformation is actually carried out is in our real life,
where we dwell with God and our neighbors...
First, we must accept the circumstances
we constantly find ourselves in as the place of God's kingdom and
blessing. God has yet to bless anyone except where they actually are.

Questions

1. What about Willard's words resonate with me the most?
2. What difference would it make in my life if I lived the words: "we must accept the circumstances we constantly find ourselves in as the place of God's kingdom and blessing"?
3. Think again about the upcoming circumstances of this very day. Pray that they would be the "place of God's kingdom and blessing."

"God is forming us into a new people.
And the place of that formation is in the small
moments of today."

—Tish Harrison Warren



Book recommendation:

The Attentive Life: Discovering God's Presence in All Things,
by Leighton Ford