

Practice of the Presence of God

*Blessed are those who have learned to acclaim you,
who walk in the light of your presence, LORD.
They rejoice in your name all day long;
they celebrate your righteousness.
For you are their glory and strength,
and by your favor you exalt our horn.*

Psalm 89:15-17

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory.

Colossians 3:1-3

That we might accustom ourselves to a continual conversation with Him, with freedom and in simplicity. That we need only to recognize God intimately present with us, to address ourselves to Him every moment, that we may beg His assistance for knowing His will in things doubtful, and for rightly performing those which we plainly see he requires of us, offering them to Him before we do them, and giving Him thanks when we have done.

Brother Lawrence

Practicing the Presence of God

The practice of the presence of God is simply being continually mindful of God's presence with you in all things – incredibly simple in concept and incredibly difficult when it comes down to actually doing it.

- Recall your mind to God mildly, and with tranquility, as often as you find it wandering from Him -Brother Lawrence
- Do little things for the love of God -Brother Lawrence
- Put physical reminders in places you will see them throughout your day – Scripture verses on your bathroom mirror, a sticky note that says 'God is with you' on the steering wheel of your car, a cross on the wall of your bedroom
- Go on a 'God hunt,' looking for evidence of God's presence throughout your day – in the people you encounter, in moments of beauty in nature, etc.

For Further Reading

The Practice of the Presence of God by Brother Lawrence

Spiritual Disciplines Handbook: Practices That Transform Us by Adele Ahlberg Calhoun