

Practicing the Presence of God

Reimagining Everyday Spirituality

In our fast-paced modern world, finding peace and a deep sense of God's presence often feels just out of reach. 17th-century monk, Brother Lawrence, offers us a refreshing tool, known as, *practicing the presence of God*, that aids followers of Jesus to abide in Christ amidst our chaotic lives.

Brother Lawrence served as a lay brother in a Parisian Carmelite monastery. His humble duties, primarily in the kitchen, became a backdrop for a revolutionary way of living—one where every moment was a chance to commune with God. For Lawrence, *practicing the presence of God* wasn't about escaping to a mountaintop monastery; it was about **infusing every activity with the awareness of Jesus' presence.**

Practicing the Presence of God means cultivating a life where intimacy with Jesus is woven into every moment. It causes us to recognize God's hand in the ordinary and invites us into a deeper, more meaningful relationship with Him.

By embracing this practice, we open ourselves to the peace and joy that come from living in constant companionship with God through the Person of the Holy Spirit, making every moment an opportunity to connect with our Creator.

The Art of Being Present

One of Brother Lawrence's key teachings is the seamless connection between the sacred and the ordinary. There's no divide between our "spiritual life" and our "real life"; they're one and the same. This means we can encounter God in the middle of the mundane.

To foster this awareness, Brother Lawrence taught a "continual dialogue with God." This isn't about lengthy prayers or rituals but about **engaging in ongoing, authentic conversation with God throughout the day.**

Discovering Joy in the Routine

Brother Lawrence discovered profound joy in what most of us might see as tedious tasks. For him, each action—whether scrubbing a pot or chopping vegetables—**was a chance to serve God and deepen his relationship with Him.** This approach invites us to rethink how we view our daily routines. By recognizing God's presence in each moment, we can discover joy and satisfaction in every action.

BE WITH JESUS BY PRACTICING HIS PRESENCE

Here are some practical steps to begin Practicing the Presence of God:

1. Begin EVERY DAY with Prayer:

- Begin your day by asking God to make you aware of His presence. Invite Him into your day, seeking His guidance in all you do.

2. Practice Simple Prayers:

- Throughout your day, turn your attention to God in brief, heartfelt prayers. These moments can be as simple as expressing gratitude or seeking His help.

“God, thank You that You’re with me as I go into this stressful meeting.”

“God, help me answer this client’s question with clarity and honesty.”

“God, help me to be kind to my difficult co-worker.”

“God, thank You for sitting with me here in the waiting room as I go into my doctor’s appointment. I trust You are with me.”

3. Transform Tasks into Worship:

- Practice seeing every task as an act of worship. Whether you’re at work, doing chores, or spending time with family, invite God into those moments.

4. Embrace Stillness:

- Carve out moments of quiet in your day. These pauses help you tune into God’s voice and cultivate a deeper awareness of His presence. This can look like using 5 minutes of your lunch break to reflect on the character of God or reading Scripture in a distraction-free environment before you go to bed. The key is to quiet your heart and mind to embrace the reality of God’s ever-abiding presence through the Holy Spirit.

5. Reflect and Reconnect:

- At the end of the day, reflect on how you experienced God’s presence. Consider the times you felt close to Him and the moments where it was challenging. Thank Him in prayer for the ways You saw Him and felt Him throughout your day. Worship Him with gratitude.