

The Dot - 10/23/20

Spiritual Disciplines and Practices: *Practicing The Presence*
Interview with Josh Simpson



Definition:

The discipline of practicing the presence of God is the ideas of keeping in mind that God is with you as you go about your day. For example: As you are embarking on your daily chores: keep God's presence in the forefront of your mind.

The Bible uses language such as "abiding," "remaining" in Christ, "walking with God," or "keeping in step with the Spirit."

Scripture:

- Romans 12:1-2 (The Message)- *So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out.*
- John 15:4-5- *Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.*
- Galatians 5:16- *So I say, walk by the Spirit, and you will not gratify the desires of the flesh.*
- 1 Thessalonians 5:16-18- *Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

Reflection Questions:

- What does it mean to 'remain' or 'abide' in Christ? (John 15)
- What does it look like to 'fix your attention on God'?
- What are your thoughts on connecting with Jesus all the time (while you do chores, go to school, play sports, etc.)?
- What makes it difficult for you to practice the presence of God?
- How would practicing the presence of God enhance your relationship with Jesus?

Spiritual Exercises:

- Consider your daily activities and how you can invite God to be a part of those times.
- Practice talking to God throughout the day...while doing chores, at school, and playing sports.

Additional Resources:

- *Spiritual Disciplines Handbook* by Adele Calhoun
- *Practicing God's Presence* by Brother Lawrence