

Presence of God Exploratory Exercises

Read Psalm 139:7-12, Matthew 10:29-31, and Romans 8:35-39. Meditate on the presence of God at all times and in all places, in that which is tremendous and that which is tiny. Reflect on the extent to which you have recognized and related to God in all these situations.

On a sheet of paper draw three columns with the headings "Times," "Places," and "Actions."

In the first column outline your usual daily schedule.

In the second column, list major features along the route (inside or outside the home) which you ordinarily take as you move through this schedule.

In the third column list the most important things you do and persons you regularly meet at these times and places.

Then check or underscore those in all three columns that you resolve to make occasions for remembering the presence and purposes of God. Practice this through coming weeks, beginning today.

Practice the presence in what you are doing right now. As you read, ask whether this is true or important in terms of the ultimate. As you move a leg or look about you, think a flash prayer related to what you are doing.

Think of several significant experiences you have recently had – involving pleasure or pain, success or failure, physical or spiritual matters. *How might you have met these experiences differently if you had been at that time more consciously aware of the presence of God?*

Relate everything (being where you are, your thoughts of these readings, your family, your last hike, your last meal, etc.) to your sense of God and God's presence in your life.