



# THE INTIMATE GOD

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## CHAPTER 6 EXERCISES

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### Practicing the Presence of Jesus

#### **EXERCISE ONE**

##### **Stillness**

Begin with a time of stillness (as we have been practicing in previous weeks. Be present to your heart and mind).

##### **Prayer**

Pray through the Lord's Prayer.

##### **Scripture**

Slowly and prayerfully read **John 15:1-5**. What words, phrases, verses shimmer for you? Ask the Lord what He is saying to you in this passage.

##### **Practicing His Presence**

Now ask the Lord to help you be more aware of His presence throughout your day. Intentionally take a few delight pauses today, where you stop for a minute or two and enjoy the Lord delighting in you.

## **EXERCISE TWO**

### **Stillness**

Spend a few minutes in the practice of stillness. Tune in to your heart. Where are you, really? What parts of you are needing to be noticed?

### **Prayer**

Pray through the Lord's Prayer.

### **Scripture**

Ask the Holy Spirit to speak to you. Slowly and prayerfully meditate on

#### **Psalm 73.**

Reflect on the psalmist's emotional journey in this psalm. What is his heart initially feeling? Where does his heart end up? What changed?

Take some time to be present to your heart by identifying a negative emotion you are feeling.

Explore that emotion with the Lord. Ask the Lord, "Why am I feeling this?"

What does He want to say to you in the midst of that emotion?

### **Practicing His Presence**

Throughout the next twenty-four hours, cultivate a conversational relationship with Him throughout your day. Is there anything He wants to whisper to your heart?

### **EXERCISE THREE**

Reflect on the previous twenty-four hours. Were there any moments you intentionally tuned in to the presence of God? Did He whisper anything to your heart?

#### **Stillness**

Spend a few minutes practicing stillness. Is there a question you are wanting to ask the Lord?

#### **Prayer**

Pray through the Lord's Prayer.

#### **Scripture**

Slowly and prayerfully read **Psalm 23**.

What words, phrases, thoughts are shimmering for you? What is the Lord saying to you? Turn that into a prayer to Him.

#### **Practicing His Presence**

At various times over the next twenty-four hours, practice praying the simple prayer, "*Lord Jesus Christ, have mercy on me, a sinner.*" Be aware of Jesus' presence with you.

### **RECOMMENDED RESOURCES FOR FURTHER EXPLORATION**

*The Practice of the Presence of God: A 40-Day Devotion Based on Brother Lawrence's The Practice of the Presence of God*, by Brother Lawrence and Alan Vermilye

*Present Perfect: Finding God in the Now*, by Gregory A. Boyd

*Simple Prayer: Learning to Speak to God with Ease*, by Charlie Dawes