

PRACTICING THE PRESENCE OF JESUS WORKSHEET

Below are some practical ideas, exercises, and resources that can help you to practice the presence of Jesus throughout the moments of your days.

Practice	Description
Touch Point	<p>Use a physical object as a tactile reminder that Jesus is always present with you. Examples of touch points include:</p> <ul style="list-style-type: none"> • A small rock ("Jesus Rock") • An empty chair (you can also envision Jesus in the chair if you wish) • A necklace with a cross pendant • A pillow
Breath Prayers	<p>Whisper a short prayer phrase (short enough that it can be said in a single breath) over and over throughout the day, as a simple means of opening yourself to the presence of Jesus. This can be done aloud or silently in your spirit hundreds of times a day with minimal distraction to your routine or concentration. Some examples include:</p> <ul style="list-style-type: none"> • A short phrase of scripture, like, "Be still and know that I am God," (Psalm 46:10), or, "The Lord is my shepherd; I lack nothing" (Psalm 23:1) • A truth that God wants to reinforce in your life: "I am God's beloved," or "I belong to God."
Palms Up/Down	<p>Throughout the day, surrender your thoughts and feelings to Jesus by turning one or both of your palms down toward the floor, as if dropping these things at Jesus' feet. Then, turn your palm(s) upward as an act of receiving Christ's love, forgiveness, strength, and life. This can even be done discretely when you're in the presence of other people.</p>
"We" Thinking	<p>Instead of using "I" language and thinking as you go about your day, include Jesus by using "we" language. For example, instead of thinking, "What should I do?" think, "What should we do, Lord?"</p>
Strategically-Placed Reminders	<p>Place or set reminders, such as Post-It notes or phone notifications, so that you'll see or hear them and remember the presence of Jesus throughout the day.</p>

<p>Turning Daily Life Events Into Prayer</p>	<ul style="list-style-type: none"> • When you take a drink of water, coffee, or tea, remember that Jesus gives us Living Water which alone quenches our soul thirst (see John 4) • Whenever you eat, savour each bite, remembering that Jesus is the Bread of Life (John 6:35) • Walking through any doorway can represent walking into Jesus' loving presence, for he said, "I am the door..." (Matthew 10:9ff).
<p>Jesus Alongside</p>	<p>Imagine Jesus alongside of you throughout the day. If you're driving your car alone, you may want to imagine him sitting in the passenger's seat. When you walk, see him walking next to you. Reach over occasionally as if holding hands with Jesus as you walk, or sit, or drive. Frank Laubach says, "Some of us walk on the right side of the sidewalk, leaving room for our Unseen Friend, whom we visualize walking by our side."</p>
<p>The Blessing Prayer</p>	<p>Living in Christ-like love must begin in our thoughts. When tempted to judge or have harsh thoughts about another person, pray: "Lord, I agree with you that this person is created in your image and that Jesus died for him/her. I pray your blessing on his/her life now, in your name. Amen." And the words don't have to be exact when you pray this way. It's fine to paraphrase.</p>
<p>Recommended Reading on Practicing the Presence</p>	<ul style="list-style-type: none"> • <i>Present Perfect: Finding God in the Now</i> (by Gregory A. Boyd) • <i>Letters by a Modern Mystic</i> (by Frank C. Laubach) • <i>The Practice of the Presence of God</i> (by Brother Lawrence)