

Resting – Listening – Soaking in God’s Presence

We are learning or re-learning to practice spiritual disciplines. Ways of being with God, of being shaped or formed in his presence. Some of these practices are individual, others are corporate. This month we are going to practice a personal – private – on your own disciple.

It’s about learning to be in God’s presence – resting – listening – soaking in his love. I encourage you to try this, to practice this once a week this month. Take 10-15 minutes (or more)

Why

“When it comes to real devotion, come with nothing to do except to sit and learn how to wait, rest and be. Be still. Fill your mind with Jesus. Faith and stillness are sustenance for your spirit, so learn to focus on Jesus. When your mind wanders off, bring it back. Retrain it; it’s had years of having its own way. Renewing your spirit and your mind is exciting and has incredible fruit. Worship becomes natural for you, and the peace of God wells up in your heart. God’s perspective can be seen more quickly.” ~Graham Cooke

How

- **Find** a quiet place – A peaceful environment helps you to become peaceful on the inside.
- **Listen** to worship music – Often, quiet instrumental music, helps us focus. One of my favourites is Ruth Fazal.
- **Read** a short passage of scripture – I suggest one of the passages below as a good starting point.
- **Quiet** down your busy thoughts – Initially your thoughts can be racing all over, but know that the Lord is with you. Turn your attention to Him. Wait for your thoughts to settle. You may want to have some note paper so you can jot down all those things to do that come flooding in.
- **Invite** the Holy Spirit to come and soak you in His presence – Surrender your mind, body and soul in prayer to the Holy Spirit. Humble yourself before Him.
- **Focus** on the Lord’s presence – Open your heart to God. You are learning to abide or rest in Him. You are learning to focus on Him and His presence.
- **Rest** in faith and believe that God is working within you – It isn’t about what you can accomplish through your efforts; it’s about what God is doing in you and through you.
- **Give** time to soaking in God’s presence – The more time you can spend in His presence, the better. Start with 10 or 15 minutes in His presence. You will find as you do this, in a very short time you will want to spend more time in His presence.
- **Watch** as God changes you – You will leave refreshed and full of the Holy Spirit. Your life will be different because God is changing you through soaking in His presence. You will have an impact on the world around you as you carry God’s presence with you wherever you go.

Scriptures

- **Psalms 23:1-3** *“The LORD is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul...”*
- **Matthew 11:28-30** *“Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”*
- **Proverbs 1:33** *“But whoever listens to Me will dwell safely, and will be secure, without fear of evil.”*
- **Psalms 27:14** *“Wait on the Lord; be of good courage, and He shall strengthen your heart. Wait, I say, on the Lord!”*