

Practicing The Presence Of God

Use the boxes below each question to fill in your responses.

What are some everyday tasks would you like to feel God more?

List three activities or tasks (such as chores, driving, mundane jobs at work.)

- 1.
- 2.
- 3.

How would each task transform if you felt God in each one?

- 1.
- 2.
- 3.

What do you think would be the biggest obstacle to feeling the presence of God in each task (e.g. distraction, frustration, bad relationships)?

- 1.
- 2.
- 3.

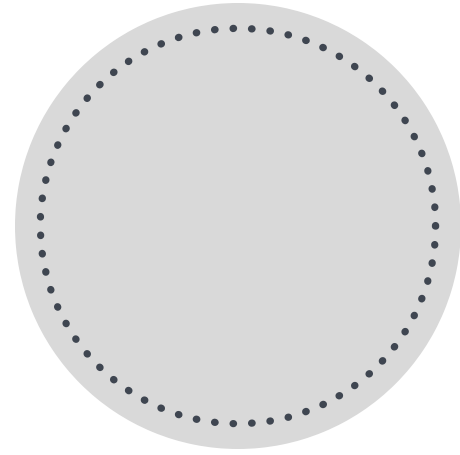
Inviting God into everyday moments is the core element of practicing the presence. This worksheet will help you work through key details in your life necessary to foster more opportunities to practice the presence of God.

What is your typical emotions during these tasks currently?

- 1.
- 2.
- 3.

Create A Practicing The Presence Plan

Pick one of the three daily tasks above that you plan to use to begin practicing the presence of God and write it in the circle.



When is the next time this task occurs?
How will you prepare to practice the presence of God before the time comes?

What are your expectations for your first time practicing the presence?

How do you plan to stay focused on God during this time? How will you get yourself back on track when your focus strays?

Spend time with God praying about this plan. How do you hope practicing the presence can play a regular role in your faith life?

Prayer time notes: