

PRACTICING THE PRESENCE OF GOD

I made this my business, as much all the day long as at the appointed times of prayer; for at all times, every hour, every minute, even in the height of my business, I drove away from my mind everything that was capable of interrupting my thought of God.

Sometimes I considered myself before Him as a poor criminal at the feet of his judge; at other times I beheld Him in my heart as my Father, as my God: I worshipped Him the oftenest that I could, keeping my mind in His holy Presence, and recalling it as often as I found it wandered from Him. I found no small pain in this exercise, and yet I continued it, notwithstanding all the difficulties that occurred, without troubling or disquieting myself when my mind had wandered involuntarily.

When we are faithful to keep ourselves in His holy Presence, and set Him always before us, this hinders our offending Him, and doing anything that may displease Him.

It also begets in us a holy freedom, and if I may so speak, a familiarity with God, where, when we ask, He supplies the graces we need. By often repeating these acts, they become habitual, and the presence of God is rendered as natural to us. – *Brother Lawrence*

Christ with me.

Christ before me,

Christ behind me.

Christ in me.

Christ beneath me,

Christ above me.

Christ on my right,

Christ on my left.

Christ in breadth

Christ in length

Christ in height.

1

Christ with me

Psalm 23:4

4 Even though I walk through the valley of the shadow of death, I will fear no evil, for ***you are with me***

2

Christ with me

Isaiah 43:1-2

"Fear not, for I have redeemed you;
I have called you by name, you are mine.
When you pass through the waters,
I will be with you;
and through the rivers,
they shall not overwhelm you;
when you walk through fire
you shall not be burned,
and the flame shall not consume you.

3

Christ with me

Matthew 28:18-20

And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And ***I am with you always, to the end of the age.***"

4

Christ before me

Exodus 13:21-22

And ***the Lord went before them*** by day in a pillar of cloud to lead them along the way, and by night in a pillar of fire to give them light, that they might travel by day and by night. The pillar of cloud by day and the pillar of fire by night did not depart from before the people.

5

Christ before me

Deuteronomy 1:30-31

The Lord your God who goes before you

will himself fight for you, just as he did for you in Egypt before your eyes, and in the wilderness, where you have seen how the Lord your God carried you, as a man carries his son, all the way that you went until you came to this place.

6

Christ before me

Psalm 16

I have set the Lord always before me

because he is at my right hand,
I shall not be shaken.

Therefore my heart is glad,
and my whole being rejoices;
my flesh also dwells secure.

7

Christ before me

Matthew 15:25 – The Canaanite Woman

The Canaanite woman: He answered, "I was sent only to the lost sheep of the house of Israel."

But ***she came and knelt before him,*** saying, "Lord, help me."

8

Christ before me

Mark 10:21 – The Rich Young Man

21 And **Jesus, looking at him, loved him** and said to him, "You lack one thing: go, sell all that you have and give to the poor, and you will have treasure in heaven; and come, follow me."

9

Christ behind me

Exodus 14:19-20

Then the angel of God who was going before the host of Israel moved and went behind them, and ***the pillar of cloud moved from before them and stood behind them,*** coming between the host of Egypt and the host of Israel. And there was the cloud and the darkness. And it lit up the night without one coming near the other all night.

10

Christ behind me

Psalm 139:5

***You hem me in,
behind and before,
and lay your hand upon me.***

11

Christ in me

John 15:4-5

4 ***Abide in me, and I in you.*** As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you ***abide in me.*** 5 I am the vine; you are the branches. ***Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.***

12

Christ in me

Colossians 1:27

God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is ***Christ in you, the hope of glory.***

13

Christ in me

Romans 8:10-11

But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness.

If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

14

Christ beneath me

Deuteronomy 33:27

The eternal God is your dwelling place, and
underneath are the everlasting arms.

15

Christ beneath me

Psalm 119:117

Hold me up, that I may be safe

16

Christ beneath me

Psalm 63:8

8 My soul clings to you;
your right hand upholds me.

17

Christ beneath me

Psalm 139:9-10

If I take the wings of the morning
and dwell in the uttermost parts of the sea,
even there your hand shall lead me,
and ***your right hand shall hold me.***

18

Christ above me

Deuteronomy 4:39

Know therefore today,
and lay it to your heart, that
***the Lord is God in heaven above
and on the earth beneath;
there is no other.***

19

Christ above me

Psalm 17:8

Keep me as the apple of your eye

hide me in the shadow of your wings

20

Christ above me

Psalm 91:4

He will cover you with his pinions
and ***under his wings you will find refuge;***
his faithfulness is a shield and buckler.

21

Christ above me

Matthew 23:37

“O Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! ***How often would I have gathered your children together as a hen gathers her brood under her wings***, and you were not willing!

22

**Christ on my right
Christ on my left**

Psalm 16:11

You make known to me the path of life;
in your presence there is fullness of joy;
***at your right hand are pleasures
forevermore.***

23

**Christ on my right
Christ on my left**

Psalm 121:5-6

***The Lord is your keeper;
the Lord is your shade on your right hand***

The sun shall not strike you by day,
nor the moon by night.

24

**Christ on my right
Christ on my left**

Isaiah 30:21

And ***your ears shall hear a word behind you, saying, "This is the way, walk in it," when you turn to the right or when you turn to the left.***

25

**Christ on my right
Christ on my left**

Micah 6:8

He has told you, O man, what is good;
and what does the Lord require of you
but to do justice, and to love kindness,
and to ***walk humbly with your God*** ?

26

Christ on my right Christ on my left

Luke 24:13-15

That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, and they were talking with each other about all these things that had happened. While they were talking and discussing together, ***Jesus himself drew near and went with them.***

27

Christ in breadth

Christ in length

Christ in height

Ephesians 3:17-19

[May] you, being rooted and grounded in love, have strength to comprehend with all the saints what is ***the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.***

28

Christ in breadth

Christ in length

Christ in height

John 14:18-20

"I will not leave you as orphans; I will come to you. Yet a little while and the world will see me no more, but you will see me. Because I live, you also will live. In that day you will know that ***I am in my Father, and you in me, and I in you.***

Christ with me.

Christ before me,

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We can do it only for moments at first. But from those moments the new sort of life will be spreading through our system because now we are letting Him work at the right part of us – *C.S.Lewis*

This simple practice requires only a gentle pressure of the will, not more than a person can exert easily. It grows easier as the habit becomes fixed. Yet it transforms life into heaven – *Frank Laubach*

It is not his will that we should busy ourselves too much with self-accusation; nor is it his will that we should despise ourselves. But he wills that we should quickly turn to him, , rejoicing more in the fullness of his love than sorrowing over our frequent failures. He is quick to clasp us to himself, for we are his joy and delight, and he is our salvation and our life. – *Julian of Norwich*

Notion your mind with the idea that God is there ... then when you are in difficulties, it is as easy as breathing to remember "Why, my Father knows all about it!" It is not an effort, it comes naturally when perplexities press. – *Oswald Chambers*