

# Practicing the Presence of God

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

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

Name 3 tasks for the day where you would like to be aware of God's presence:

1.

2.

3.

What are your typical emotions during these tasks?

1.

2.

3.

How would each task be different 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)?

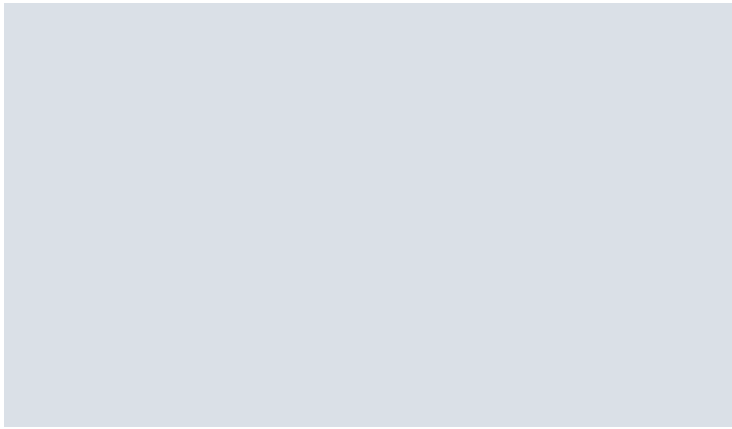
1.

2.

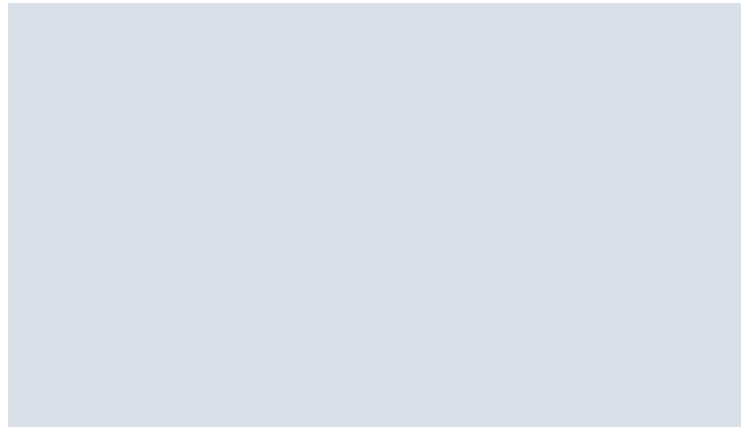
3.

## Creating a Practicing The Presence Plan

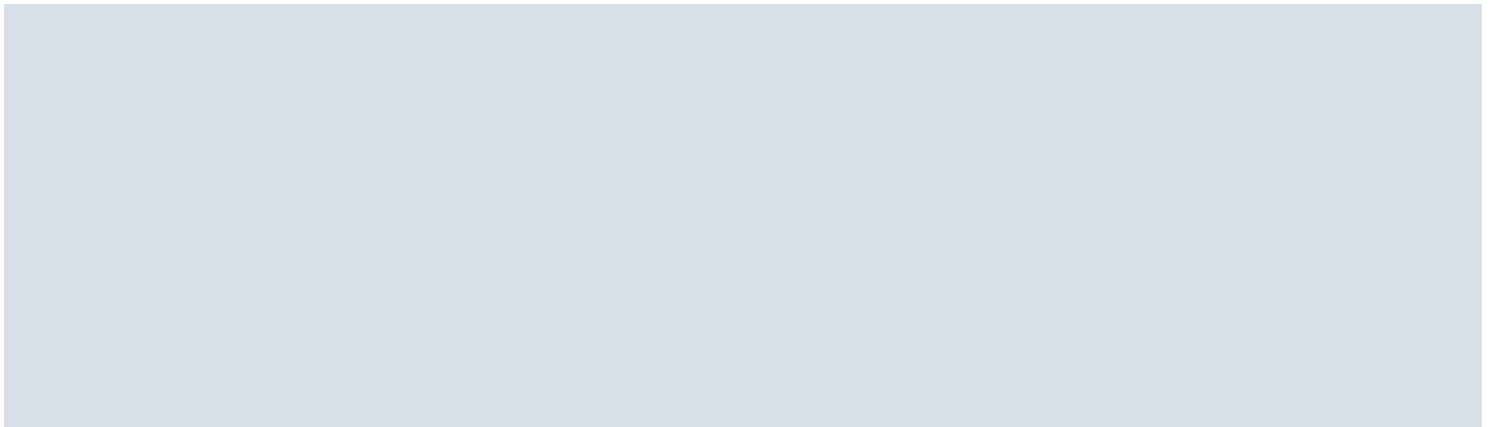
What will you do at the start of each task to remind you to practice God's presence?



What are your expectations for your time of 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 praying with God about this plan. How do you hope practicing the presence can play a regular role in your journey of faith?

