

Adoration

Prayer Tool: How to Practise the Presence of God

What?

We can all try creative ways to become aware of God across the day. This prayer tool will outline some simple ideas to help you to become more “God-Conscious”.

Why?

“I rarely pray for half an hour, but I rarely go half an hour without prayer.” Smith Wigglesworth

“There is not in the world a kind of life more sweet and delightful, than that of a continual conversation with God.” Brother Lawrence

Bible reference:

“My Presence will go with you, and I will give you rest” Exodus 33:14

A quick introduction to Practising the Presence of God

We can all try our own creative ways to practice the presence of God, seeking to become aware of God ‘in the common business of life.’

The Benedictines seek to embody the practice of ‘work and play’ which is an intentional way of combining contemplation with action, encouraging us to punctuate our working day with regular disciplines of prayer and meditation on the word of God.

Frank Laubach was a missionary to Muslims in a remote location in the Philippines and became known as the ‘Apostle to the illiterates’ for his remarkable work amongst the poor. Laubach developed his playful ‘game with minutes.’ His goal and encouragement to others was to become aware of God’s presence for one second of every minute of the day. He said this about the motivation:

“Can I bring God back in my mind-flow every few seconds so that God shall always be in my mind as an after image, shall always be one of the elements in every concept and precept? I choose to make the rest of my life an experiment in answering this question.”

Do it: How to Practise the Presence of God

As well as practising Frank Laubach’s ‘game with minutes’, the Benedictine rule of ‘work and play’, and Brother Lawrence’s writings on ‘practice of the presence of God’, we can find our own ways to practise God’s presence in our everyday lives.

Why not try to find your own way to grow in adoration and perpetual communion with God: in your home with prompts or alarms; with reminders on your mobile phone; the 24-7 Prayer app ‘Inner Room’; on your desk at work; or on your car-journey.

Wherever you are, in whatever you do, think about a helpful and even playful prompt to help you develop ‘a familiar friendship with Jesus’¹. God is never further than a thought away.

Books on Practising the Presence of God

- The Practice of the Presence of God – Brother Lawrence
- The Presence of God – R. T. Kendall

¹ This famous phrase originates with Thomas a Kempis