

## Practical Instructions - Enjoying the Presence of the Lord

### Time

- It's the hardest part; the part most people neglect because of
- Start slow
- **Psalm 46:10** - *"Be still and know that I am God"*

### Distractions

- Very normal for your mind to wander - Don't come running to me...LOL
- It's just part of the process of learning
- Meditation - Practice - Get better
- Learn to 'still' your mind - This takes time
- Take a couple of deep breaths and 'get in the moment'
- Expectations vs Expectancy
  - Expectations are specific outcomes we anticipate or believe should happen, often tied to a particular result or standard, leading to potential disappointment if unmet. Expectancy, on the other hand, is a state of hopeful anticipation without attachment to a specific outcome, focusing on openness to possibilities and trust in the unfolding process. While expectations are rigid and result-driven, expectancy is flexible and faith-driven.
- Awareness of His presence - His presence is everywhere....all the time
- It's a matter of you becoming aware of His presence - He'll help!

### No Agenda

- This works for me
- There's plenty of things I need to hear the Lord on; but I leave them aside
- Always gratitude - *"God, you're so good to me"*
- Presence vs No presence
- Worst thing - No presence
- One thing is always evident for me - How much He loves me!

### Listen

- Soft worship music
- Might meditate on a verse
- You might have a notebook for notes as to what the Father might say to you
- Natural thinking - He's going to tell me a lot of stuff to do
  - I've found that's not the case

- When He does choose to speak, my experience is that He talks to me about me
- Sometimes He talks to me about others - prophetic
- Always gentle, always loving, NEVER pushy
- Don't try too hard; don't try to make something happen
- Remember the prize is not just what the Father gives
- It's His Presence! - That's the payoff!
- Your time sets the tone for the rest of the day
- **Jeremiah 17:9** - *"The heart is deceitful above all things, And desperately wicked; Who can know it?"*
- Calibrates your heart - Resets - Gets your heart in the 'right place'
- Like nothing else can do

**Contemplative prayer** is a silent, meditative form of prayer that invites a deeper intimacy with God by quieting the mind and focusing the heart solely on His presence. Rooted in stillness and attentive awareness, it is less about asking or speaking and more about resting in God, creating space to experience His love and grace without distraction. In contemplative prayer, believers seek to listen and be led by the Spirit, opening themselves to transformation as they encounter God beyond words, thoughts, and even personal needs, engaging in the profound simplicity of just being with Him.

**If you'll be serious about it, make it a priority and take the time....I promise you He'll meet up with you!**