25 SIMPLE & AMAZING WAYS TO AWAKEN TO MORE OF GOD’S PRESENCE

A CHECKLIST

DR. CYNTHIA K. JOHNSON
25 Simple & Amazing Ways to Awaken to More of God’s Presence

- **Ask to know Him.** Ask God sincerely from the heart to know Him better. “You will seek Me and find Me when you search for Me with all your heart” (Jeremiah 29:13).

- **Come as a child.** Come before Him like a small child with curiosity and love. Notice the feelings of peace, love, joy, and gratitude.

- **Speak love.** Speak words of love to God from your heart and pay attention to the feeling of peace and love. Say the name “Jesus” and “I love you. I need you.” Pay attention to feel His presence hugging you back.

- **Open your heart in worship.** Listen closely and pay attention to the spirit of songs, melodies of praise, and give your heart to Him in worship (2 Chr 5:13-14; 2 Sam 23:1-2; Ps 150:1-6; Eph 5:18-20). Praise music helps us to focus on Him, and we open our hearts to His love. It is here many people first begin to sense a deeper awareness of His presence.

- **Rest.** Practice being at rest. Find time to be quiet and still on the inside, focusing on Jesus or a Scripture verse. (Ps 4:4; 46:10; Heb 4:9-12).
Reflect. Take time to reflect on God’s love and ask Him to show specific strategies for loving other people and making another person’s life happier.

Think on Jesus. Find times out of your day to think exclusively on Jesus. Deliberately take five minutes out of a day, or one minute out of every sixty to think on Him. Then add more and more. “Set your mind on the things above, not on the things that are on earth” (Col 3:2).

 Breath prayer. Say a quick prayer under your breath, like, “Jesus I need you,” or “Jesus give me grace for the day.” Stop for just a moment and breathe deeply. Yield to His peace and energizing love (Rom 5:5; 1 John 4:18-19).

First and last thoughts. Make a habit to think your last thoughts before sleep and the first thoughts when waking about Christ.

Enjoy Creation. Intentionally pay more attention to God’s revelation in the beauty of His creation every day (Romans 1:20; 1 Chronicles 16:29) Ask God for strategies to get in touch with His peaceful creation more. This could be anything that gets you outside and into nature but take your time and really soak in the beauty and peace.
Nature ideas. Some strategies could include: Have your morning coffee outside; watch the sun set; take a bike ride in nature; hang your laundry outside.

New Hobbies. You could get a nature guidebook, such as for birds or wildflowers and try to identify or the different birds, flowers, etc.; visit national parks; take up a new hobby such as photography, hiking, biking, walking, boating, etc.

Exercise. Exercise awakens your body and mind physically. Take this time to be alert in your spirit also. Many people report their best times with God are while exercising. It is a great time to pour out your heart to Him.

Breathe. In the middle of your chaotic, busy day, take a moment to breathe deeply. Breathe in the breath of God. Hold for six counts. Breathe out all the stresses and anxieties of your day. Breathe in the breath of God. Hold for six counts. Repeat several times.

Daily Help. Remember to ask for help daily and trust His goodness.

Fasting. Practice occasional fasting (Isaiah 58). Research this if you have never fasted before.
Practice thankful. There is nothing God likes more than a heart which is continually grateful and thankful. A negative, complaining spirit grieves God (Philippians 4:6; 1 Thessalonians 5:16–18).

Believe. Keep an open and expecting heart (Hebrews 3:12). You may have to repent for a negative attitude or unbelieving heart.

Bible meditation. Practice thinking about a Bible Scripture. Maybe write a verse on an index card and put it on your bathroom mirror, or anyplace you will see it throughout the day.

Bible App. Listen to the Bible on a phone app. Listen to whole sections or books at a time. Whether you notice anything the first time or not, be certain the experience is washing your soul. You will notice a difference in your attitude, and other things specific to you after a few times.

Car time. Use your time in the car to pray, listen to worship music or the Bible.

Pondering the cross. Practice taking a few moments to think about the cross of Christ. Think about and picture His blood being shed for you. Many people report experiences with Jesus and some people have experienced healings in this way.
Always trust. Remember to trust God’s goodness to always be with you, even when you do not feel Him (Hebrews 13:5).

Ask God questions. He may not speak directly at a particular moment, but He will answer your questions.

Share. Share your experiences with a trusted friend, who is also pursuing intimacy with God. Sometimes you gain awareness, discernment, and perspective as you share with one another. You will notice your desire for the things of God, for peace, love, and joy will grow as you feed your soul on these practices.

CONGRATULATIONS!!

This is the beginning of a new and improved relationship with your Creator!

These practices bring amazing healing and transformation in your inner being! And these practices will teach you how to live in an abundance of peace, joy, and rest.

Blessings on your journey, Friend!