

# Four Ways to Connect With God

## 1) **Experiencing God's Presence** *(A method by Thom Gardner)*

- a) Go to a quiet place & still your thoughts & emotions (Be still & know that I am God Psa. 46:10)
- b) Meditate on a verse of scripture, saying it softly over & over to yourself until you can say it (or a portion of it) with your eyes closed. As you repeat the scripture allow yourself to see it with the eyes of your heart.
  - ✓ What is the picture you see in your mind's eye as you repeat the scripture?  
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  - ✓ What does the scripture reveal about the heart of God?  
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  - ✓ What is the Lord speaking to you personally as you see the truth of this scripture? (Put your self in the picture of this scripture in your mind.)  
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- c) Take time to pray, saying to God what you have seen and heard from Him today.

### **Scriptures to use with the Experiencing God's Presence method**

FEAR - I am not alone: Isa. 41:10, Matt. 28:20, Isa. 66:13, Psa. 121:8, Phil. 4:13, Deut. 33:27, Prov. 3:5-6, Gen. 28:15, Jer. 1:8, Isa. 44:8, Deut. 31:6, Josh. 1:9. Psa. 46:7, II Chron. 32:7, Isa. 43:1-2

REJECTION - I am accepted by my Father: Deut. 26:18, Rom. 8:16-17a, Isa. 43:1, Jn. 15:15, Rom. 8:31, Isa. 49:15-16, Rom. 8:35-39, II Thess. 2:13, Isa. 45:24-25, Jer. 23:6, Rom. 3:23-24, Rom. 14:17-18, Eph. 1:5-6

WORTHLESSNESS - The Father approves of me: Psa. 139:14, Jer. 31:3, Deut. 32:10, Isa. 43:4, Isa. 54:10, Zeph. 3:17, Gen. 1:27, Psa. 100:3, Psa. 119:73, Psa. 139:13-14, Isa. 43:21, I Cor. 15:10, II Cor. 5:17, Eph. 2:10, Col. 3:9-10

SHAME - I am covered with Christ: II Cor. 12:9, Isa. 61:10, Isa. 43:25, Psa. 139:7, Rom. 8:1-2, Heb. 2:11, Col. 1:22, Psa. 32:1, Gal. 3:27, Isa. 61:10a, Rom. 13:14

INSECURITY - I am safe in the arms of my Father: Psa. 125:2, Isa. 40:11, Psa. 91:4, Psa. 27:5, Isa. 43:2, Heb. 13:6, Psa. 31:14-15, Deut. 33:27a, Psa. 3:1-3, Psa. 32:10, Psa. 34:7, Psa. 121:5-8, Psa. 125:1-2, Jn. 10:27-29

DEFILEMENT - The Father has cleansed and restored me: I Pet. 4:10-11, Isa. 63:9, Jer. 30:17a, Lam. 3:22-23, Eze. 16:9, Col. 3:12, Psa. 80:3, Jer. 30:17, Eze. 16:8, Amos 9:14, Nahum 2:2

HOPELESSNESS - The Truth about Hope: Jer. 29:11, Isa. 43:19, Isa. 58:11, Isa. 50:10, Psa. 18:28, Psa. 30:5, Phil. 4:13, Psa. 130:7, Rom. 8:24-25, I Pet. 1:3-5, I Pet. 1:13, I Jn. 3:3

## 2) Prayerful Reading of the Scriptures (sometimes known as *Lectio Divina*)

- Silence – Take several deep breaths and allow the silence to **quiet your inside clutter**
- Read the Word – Read a brief portion of Scripture, listening for a **key phrase or word**
- Meditate – **Reflect** on what you've read. (*Allow the Word to sink in from your head to your heart*)
- Contemplate – In silence **listen** (*instead of talking to God or thinking your thoughts*) and allow God to speak to you. (*God is constantly speaking but we seldom hear Him [I Kings 19:11-12]*)
- Action – **How is God speaking** to you through this scripture? (*pray this back to Him, committing yourself to applying it*)

## 3) Sitting in God's Presence ...Centering prayer (A method from a book by Basil Pennington)

- ⇒ Simply shut your eyes and enjoy the presence of the Lord.
- ⇒ Look at him (focus on him) as he gazes back at you with his full loving attention and asks you to sit with him for awhile.
- ⇒ Gently return your attention to him by saying his name whenever you find your mind drifting to other things.

## 4) Daily Examen

Take ten minutes at the end of the day to prayerfully review your day. (When did God seem present or the closest to you? When did he seem absent?)

### **Things that can disturb the BALANCE in our lives:**

Being too busy/rushing

Holding grudges prevents the flow of creative, healing energy

Anxiety, fear

Not enough sleep

Not taking care of yourself (physically, emotionally & spiritually)

Unresolved hurt

Accumulated grief

Negative attitudes

### **Restoring BALANCE:**

Re-evaluate time commitments & priorities

Forgive others

Take time to sit in God's presence

Use music as a therapeutic tool

Make one goal for each area

Intimacy with God - Healing in His presence

Grieve your losses

Practice gratitude

Lack of peace  
Wanting your own way

Pray the Serenity Prayer, Sit in His presence  
Surrender your will & control to God

Perfectionism

Take time to have fun and play, Letting go

Negative image of yourself

Find out the truth about what God thinks of you

## **Ideas that Encourage Peacefulness**

**Serenity Prayer:** God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference

*Journaling is good therapy*

Exercise facilitates the elimination of wastes

*When you are upset, concentrate on breathing slowly & deeply*

Recite a Breathe Prayer in conjunction with your breathing, such as The Lord is my shepherd

*Recite & repeat a godly affirmation when you need calming, such as God's peace is within me*

Spend 5-10 minutes meditating on a bible verse

*Go for a walk*

Talking is the activity of the mouth; listening is the activity of the heart. Take time to listen to God and others

*Practice awareness of God in times of blessing, so that God's presence is familiar in times of trouble*

## **Let your God-given Emotions Help**

Each time you find yourself irritated or angry with someone, the one to look at is not that person, but yourself. Instead of asking, "What's wrong with this person?" ask, "What does this irritation tell me about myself? What's going on inside of me that this emotion is trying to tell me?"

## **Book Resources to Help**

*Healing the Wounded Heart* by Thom Gardner

*My Healing Journey: A companion to Healing the Wounded Heart* by Thom Gardner (workbook)

*Biblical Healing and Deliverance* by Chester & Betsy Kylstra

*Waking the Dead* by John Eldridge