

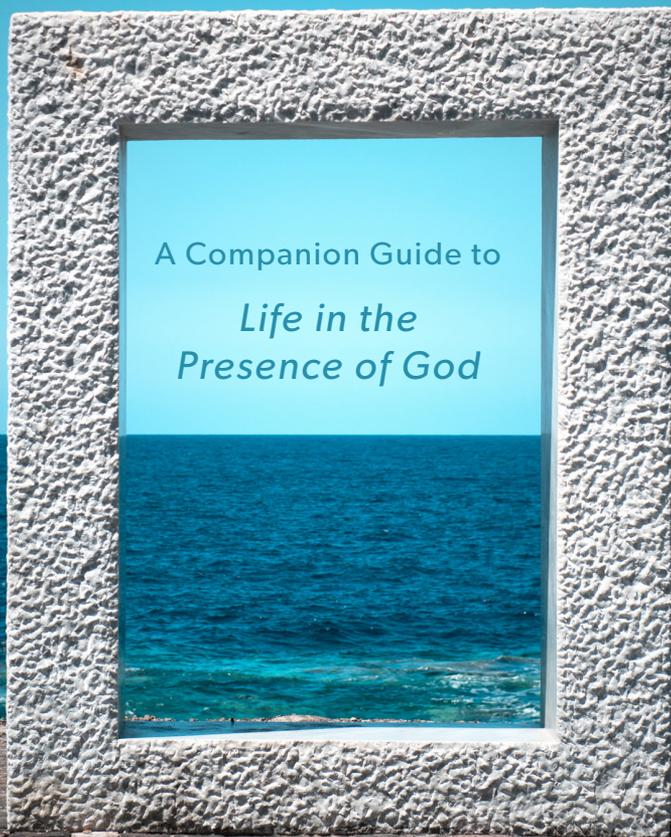
KENNETH BOA
& JENNY ABEL

A GUIDE TO

Practicing God's Presence

A Companion Guide to

*Life in the
Presence of God*



This electronic version of
A Guide to Practicing God's Presence
 contains samples of the exercises
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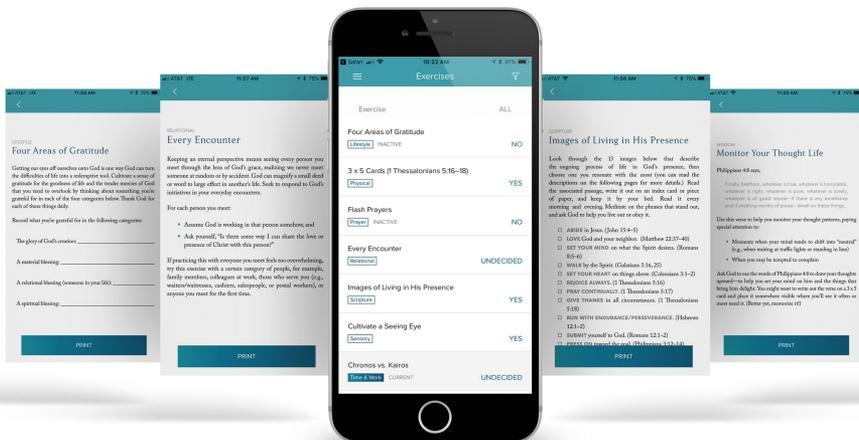
Presence.app



PRESENCE

God's presence is my good . . .

PSALM 73:8



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“Draw near to God
and He will draw near to you.”

James 4:8

Contents

INTRODUCTION.....	<u>1</u>
How to Use This Guide.....	<u>3</u>
Authors' Invitation.....	<u>5</u>
Category Descriptions.....	<u>6</u>
THE 52-WEEK PLAN.....	<u>9</u>
RESOURCES.....	<u>115</u>
Images of Living in His Presence.....	<u>116</u>
Renewal Verses.....	<u>118</u>
Who Does God Say I Am?.....	<u>128</u>
Music for Practicing His Presence.....	<u>135</u>
Morning Affirmations.....	<u>137</u>
Personal Exercises Log.....	<u>143</u>
EXERCISES BY CATEGORY.....	<u>149</u>
Index.....	<u>200</u>
Acknowledgements.....	<u>204</u>
About the Authors	<u>205</u>
More Resources	<u>206</u>

INTRODUCTION

How to Use This Guide

This 52-week guide is not a devotional. But it is a guide to living in God’s presence. It could lead you to the most important, most fruitful, most enjoyable thing you do.

Don’t let the excuse of time rob you. Though this guide contains exercises, it is designed to help you become more intentional in your *awareness of God*, not more involved in *activities for God*. These exercises are more about your mindset as you engage your already scheduled activities. Any “extra time” requirements are modest, designed to layer into your life, but without the strain of multitasking. These exercises help cultivate the life of the mind so that you will enjoy God in purposeful pursuit rather than become a default spectator to whatever life throws your way.

Use this guide to customize your own personal tool kit:

1. At the end of each week, mark whether it worked for you:

Yes
No
Neutral
2. Record your results in the log starting on page 143. (If viewing as a PDF, click the squares to record your results, and then re-save the file.)
3. By the time you finish this guide, you’ll know which exercises you want to make part of your regular, enjoyable, and life-changing practicing of God’s presence.
4. At the suggested pace of 2 exercises per week, you’ll be introduced to 104 exercises across 8 different categories in

a year, but you can alter this pace to your needs. Not every exercise will appeal to you. Feel free to adapt or try a different exercise within the same category.

This guide is a practical companion to *Life in the Presence of God: Practices for Living in Light of Eternity* (InterVarsity Press, 2017). However, even if you haven't read the book, you can still use this guide, which is for anyone, anywhere, no matter where you are in your spiritual walk.

Authors' Invitation

The spiritual life is not a measurable product but a dynamic process. Walking in God's presence, or "practicing his presence," requires both trusting and training. This guide offers a few ways to nurture your relationship with God and heighten your awareness and enjoyment of his constant presence on a daily basis.

These exercises aren't magic pills you can swallow to be automatically ushered into God's presence. They're not intended as a checklist of to-do items that you complete mechanically. They're more like the things you do when you want to deepen your intimacy or friendship with a spouse or best friend—things like going on a dinner date, writing a personal letter, or taking a walk together.

The exercises in this guide are to be done in combination with a heart of faith (Hebrews 11:6), trusting God to work in you and change you through the power of his Spirit living in you. He is the only one who *can* do that: no program, no book, no training guide in the world can do that but God himself.

When you draw near to God, he promises to draw near to you (James 4:8). We pray this for you, not just as something that happens occasionally, but *throughout your days, every day*, so that *all of your life*, even the most ordinary parts, becomes extraordinary because it's infused with his presence. And it is there, in his presence, that you'll find fullness of joy, no matter what is going on in your life (Psalm 16:11).

—Ken Boa and Jenny Abel

Category Descriptions

Each exercise in this guide falls within one of eight categories: Lifestyle, Physical, Prayer, Relational, Scripture, Sensory, Time & Work, and Wisdom. Summary descriptions of each category appear below.

LIFESTYLE

Each day has a mini-life of its own—with a birth, followed by growth, decline, and death (with parallels in waking up, going about the day, dressing for bed, and sleeping). Viewing life this way, rather than worrying about the future or dwelling in the past, helps us take up our cross *daily*, as Jesus said we're to do. Lifestyle exercises provide the proper “bookends” to each day as well as help us live each day with contentment, gratitude, and purpose.

PHYSICAL

Physical exercises acknowledge our human nature as both immaterial and material (or spirit and body, invisible and visible). These exercises leverage encounters with the tangible world to make us aware of how this world points to a world beyond, of how the physical can move us toward spiritual truth.

PRAYER

Communication is what makes any relationship work, including our relationship with God. This communication is a two-way street, involving both listening and speaking. Prayer is the vehicle by which we communicate with God and thus spend time with

him. These exercises help to bring the spiritual into the ordinary and elevate the ordinary to the spiritual.

RELATIONAL

We're made in the image of God, and as image bearers, we are relational—just like our Maker. We're made for community and experience the presence of God in and through his people. These exercises help us apply the Great Commandments to love God and others in our everyday encounters, seeing others not as objects to be manipulated but as subjects to be cared for and loved.

SCRIPTURE

Scripture instructs us to renew our minds and set our minds on things above. And Scripture is a vital means by which we do that. Through the lens of Scripture we see God, ourselves, and the world clearly and correctly. These exercises encourage us to incorporate Scripture into daily life both to recalibrate our values and agenda to God's and to know God through his revealed truth.

SENSORY

When we begin to see life as monotonous and routine, our senses can become dulled. We fail to experience the transcendent and supernatural when we neglect to engage our God-given senses and enjoy him in the process. These exercises appeal to both heart and mind as we allow God to invade our senses.

TIME & WORK

Scripture calls us to redeem the time. To do so, we must bring our everyday work and endeavors into the presence of God, making

more of our daily requirements than simply earning a living or fulfilling our duties. These exercises help us become aware of opportunities to invest the time we've been given and become conscious of God in our temporal tasks.

WISDOM

Wisdom is skill in the art of living. Like the Lifestyle category, this involves aspects of day-to-day life, but here the focus is on living with the end in mind, with a long-term perspective. These exercises help us to think God's thoughts after him, living with an awareness of both our identities and destinies.

THE
52-WEEK
PLAN

LIFESTYLE 1

Four Areas of Gratitude

Getting our eyes off ourselves and onto God is one way God can turn the difficulties of life into a redemptive tool. Cultivate a sense of gratitude for the goodness of life and the tender mercies of God that you tend to overlook by thinking about something you're grateful for in each of the four categories below. Thank God for each of these things daily.

Record what you're grateful for in the following categories:

The glory of God's creation: _____

A material blessing: _____

A relational blessing (someone in your life): _____

A spiritual blessing: _____

Did this exercise work for you? Yes No Neutral

Record your answer in the log starting on page 143. ►

PHYSICAL 1

3 x 5 Cards—1 Thessalonians 5:16–18

On a 3 x 5 index card (or small piece of paper) write this renewal verse* (feel free to use the Bible version you prefer):

REJOICE ALWAYS;
 PRAY WITHOUT CEASING;
 IN EVERYTHING GIVE THANKS;
 FOR THIS IS GOD'S WILL FOR YOU
 IN CHRIST JESUS.

(1 THESSALONIANS 5:16–18)

Find an ideal spot to display the card—wherever you'll need it most, or where you spend the most time (such as your car's dashboard, at your computer/workstation, above the kitchen sink, or on the bathroom mirror).

**After a while, it's easy to start ignoring these cards. Therefore, we've repeated this exercise seven times in this guide to show the advantage of swapping out cards with new verses from time to time. If this becomes a part of your personal tool kit, we recommend changing the cards monthly or even weekly so they don't lose their impact. For more verse options, see the collections of Renewal Verses starting on page 118.*

Did this exercise work for you? Yes No Neutral

Record your answer in the log starting on page 143. ►

PRAYER 1

Flash Prayers

Get in the habit of recognizing God's presence all day long by sending up short "flash prayers" (sometimes called "arrow prayers") at various points in the day. These are brief acknowledgements of God's presence that can be offered anytime, anywhere. Pick a situation when you'll offer up a flash prayer, and then choose a prayer (or write your own).

Situations:

- Upon waking
- While sitting down for a meal/eating
- Before making a phone call (at work or home)
- While sitting in traffic at a red light
- While waiting in a line
- When lying in bed about to fall asleep
- Other: _____

Flash Prayer Examples:

- May I love and serve you and others today.
- I thank you in all things.
- I love you, Lord.
- By your grace, Lord . . .
- Where would I be without You, Lord?
- Unite my heart to fear Your name.
- Other: _____

Did this exercise work for you? Yes No Neutral

Record your answer in the log starting on page 143. ►

RELATIONAL 1

Every Encounter

Keeping an eternal perspective means seeing every person you meet through the lens of God's grace, realizing we never meet someone at random or by accident. God can magnify a small deed or word to large effect in another's life. Seek to respond to God's initiatives in your everyday encounters.

For each person you meet:

- Assume God is working in that person somehow, and
- Ask yourself, "Is there some way I can share the love or presence of Christ with this person?"

If practicing this with everyone you meet feels too overwhelming, try this exercise with a certain category of people, for example, family members, colleagues at work, those who serve you (e.g., waiters/waitresses, cashiers, salespeople, or postal workers), or anyone you meet for the first time.

Did this exercise work for you? Yes No Neutral

Record your answer in the log starting on page 143. ▶

SCRIPTURE 1

Images of Living in His Presence

Look through the 13 images below that describe the ongoing process of life in God's presence. Read the descriptions starting on page 116 for more detail. Then choose one you resonate with the most. Read the associated passage, write it out on an index card or piece of paper, and keep it by your bed. Read it every morning and evening. Meditate on the phrases that stand out, and ask God to help you live out or obey it.

- ABIDE** in Jesus. (John 15:4–5)
- LOVE** God and your neighbor. (Matthew 22:37–40)
- SET YOUR MIND** on what the Spirit desires. (Romans 8:5–6)
- WALK** by the Spirit. (Galatians 5:16, 25)
- SET YOUR HEART** on things above. (Colossians 3:1–2)
- REJOICE ALWAYS.** (1 Thessalonians 5:16)
- PRAY CONTINUALLY.** (1 Thessalonians 5:17)
- GIVE THANKS** in all circumstances. (1 Thessalonians 5:18)
- RUN WITH ENDURANCE/PERSEVERANCE.** (Hebrews 12:1–2)
- SUBMIT** yourself to God. (Romans 12:1–2)
- PRESS ON** toward the goal. (Philippians 3:12–14)
- DWELL ON** whatever is excellent and praiseworthy. (Philippians 4:6–8)
- REMEMBER** God. (Deuteronomy 8:2–3)

Did this exercise work for you? Yes No Neutral

Record your answer in the log starting on page 143. ►

SENSORY 1

Cultivate a Seeing Eye

“The heavens declare the glory of God; the skies proclaim the work of his hands,” says Psalm 19:1 (NIV). Wonders in the physical world point beyond themselves to the presence and mind of our awesome Creator. While driving, walking, or even just observing from your window or porch, take a few minutes each day to notice at least one aspect of the creation: flowers, leaves, trees (or plants in general), clouds, the colors of the sky, birds, or animals. Reflect on how their beauty and order point to the Creator. Don’t just physically see these things, but savor them—revel in them—and rejoice with God, thanking him for his amazing artistry.

If you adopt this habit, you’ll be able to recognize different aspects of God’s glory throughout the seasons. Consider, for example, the cycles of trees, displaying not only the beauty of their foliage through various changes but also the wonder of the branch architecture visible in winter.

Did this exercise work for you? Yes No Neutral

Record your answer in the log starting on page 143. ►

TIME & WORK 1

Chronos vs. Kairos

There are two Greek words for “time.” *Chronos* refers to chronological, everyday events (“clock time”), while *kairos* refers to special opportunities and occurrences (as Paul talks about in Ephesians 5:16 and Colossians 4:5, where the concept of making the most of every “opportunity” is translated “redeeming the time” in the New King James Version).

Be aware of this distinction, and heed Jesus’ example by being available—no matter how busy you are—to make the most of the *kairos* moments (opportunities) God providentially gives you during the course of each day. Realize the most significant thing you do in any given day may not be on your calendar.

Did this exercise work for you? Yes No Neutral

Record your answer in the log starting on page 143. ►

WISDOM 1

Monitor Your Thought Life

Philippians 4:8 says,

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute—if there is any excellence and if anything worthy of praise—dwell on these things.

Use this verse to help you monitor your thought patterns, paying special attention to:

- Moments when your mind tends to shift into “neutral” (e.g., when waiting at traffic lights or standing in line)
- When you may be tempted to complain

Ask God to use the words of Philippians 4:8 to draw your thoughts upward—to help you set your mind on him and the things that bring him delight. You might want to write out the verse on a 3 x 5 card and place it somewhere visible where you’ll see it often or most need it. (Better yet, memorize it!)

Did this exercise work for you? Yes No Neutral

Record your answer in the log starting on page 143. ►

RESOURCES

Images of Living in His Presence

— MORE DETAIL FOR SCRIPTURE 1 EXERCISE —

ABIDE IN JESUS

and you will bear fruit; without him, you can do nothing
(John 15:4–5)

LOVE GOD

with all your heart, soul, and mind;
and love your neighbor as yourself
(Matthew 22:37–40)

SET YOUR MIND

on what the Spirit desires, not what the flesh desires
(Romans 8:5–6)

WALK BY THE SPIRIT

and keep in step with him
(Galatians 5:16, 25)

SET YOUR HEART

on things above, making Christ first in your heart
(Colossians 3:1–2)

REJOICE ALWAYS

(1 Thessalonians 5:16)

PRAY CONTINUALLY

(1 Thessalonians 5:17)

GIVE THANKS

in all circumstances

(1 Thessalonians 5:18)

RUN WITH ENDURANCE/PERSEVERANCE

the race marked out for you, fixing your eyes on Jesus

(Hebrews 12:1–2)

SUBMIT TO GOD, OFFERING YOURSELF

as a living sacrifice to him, not conforming to this world's
pattern but being transformed by the renewing of your mind

(Romans 12:1–2)

PRESS ON

toward the goal to win the prize of
the upward call of God in Christ Jesus

(Philippians 3:12–14)

DWELL ON

the true, the noble, the right, the pure, the lovely,
the admirable—anything that is excellent and praiseworthy

(Philippians 4:6–8)

REMEMBER

that we don't live on bread alone

but on the food of God's word

(Deuteronomy 8:2–3)

Renewal Verses

COLLECTION 1

“You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.” This is the great and foremost commandment. The second is like it, “You shall love your neighbor as yourself.” On these two commandments depend the whole Law and the Prophets. (Matthew 22:37–40)

This is My commandment, that you love one another, just as I have loved you. Greater love has no one than this, that one lay down his life for his friends. (John 15:12–13)

If you love Me, you will keep My commandments. (John 14:15)

He who has My commandments and keeps them is the one who loves Me; and he who loves Me will be loved by My Father, and I will love him and will disclose Myself to him. (John 14:21)

If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our abode with him. (John 14:23)

Love is patient, love is kind and is not jealous; love does not brag and is not arrogant, does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered, does not rejoice in unrighteousness, but rejoices with the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails. (1 Corinthians 13:4–8a)

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you. (Philippians 4:6–9)

Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus. (1 Thessalonians 5:16–18)

For you were called to freedom, brethren; only do not turn your freedom into an opportunity for the flesh, but through love serve one another. (Galatians 5:13)

Do this, knowing the time, that it is already the hour for you to awaken from sleep; for now salvation is nearer to us than when we believed. The night is almost gone, and the day is near. Therefore let us lay aside the deeds of darkness and put on the armor of light. Let us behave properly as in the day, not in carousing and drunkenness, not in sexual promiscuity and sensuality, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts. (Romans 13:11–14)

And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does

not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us. (Romans 5:3–5)

Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing. But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him. (James 1:2–5)

And He has said to me, “My grace is sufficient for you, for power is perfected in weakness.” Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ’s sake; for when I am weak, then I am strong. (2 Corinthians 12:9–10)

Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal. (2 Corinthians 4:16–18)

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you. (Ephesians 4:31–32)

This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God. (James 1:19–20)

See that no one repays another with evil for evil, but always seek after that which is good for one another and for all people. (1 Thessalonians 5:15)

But He gives a greater grace. Therefore it says, “God is opposed to the proud, but gives grace to the humble.” Submit therefore to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. . . . Humble yourselves in the presence of the Lord, and He will exalt you. (James 4:6–8, 10)

Personal Exercises Log

As you do an exercise, mark whether you find it useful. You can eventually use this log to determine which exercises you want to return to or continue to practice. You'll also be able to see which category most resonates with you. Since tastes and circumstances change with time, you may consider revisiting exercises in the "Neutral" or even "No" categories sometime in the future. (If viewing this log as a PDF, click the squares, taking care to re-save the document each time.)

LIFESTYLE EXERCISES	WORKED FOR YOU?		
	YES	NO	NEUTRAL
LIFESTYLE 1: Four Areas of Gratitude			
LIFESTYLE 2: Gratitude in Everything			
LIFESTYLE 3: Daily Rest			
LIFESTYLE 4: Weekly Rest			
LIFESTYLE 5: Daily Solitude			
LIFESTYLE 6: Contentment			
LIFESTYLE 7: Everything Matters			
LIFESTYLE 8: Audience of One			
LIFESTYLE 9: Two Eternal Things on Earth			
LIFESTYLE 10: Calling and Purpose			
LIFESTYLE 11: Before Rising from Bed			
LIFESTYLE 12: Before Going to Sleep			
LIFESTYLE 13: The Hard Thanksgiving			

PHYSICAL EXERCISES	WORKED FOR YOU?		
	YES	NO	NEUTRAL
PHYSICAL 1: 3 x 5 Cards (1 Thessalonians 5:16–18)			
PHYSICAL 2: Physical Reminders			
PHYSICAL 3: 3 x 5 Cards (Galatians 2:20)			
PHYSICAL 4: Read a Good Book			
PHYSICAL 5: 3 x 5 Cards (Matthew 11:28–30)			
PHYSICAL 6: Mindful Movement			
PHYSICAL 7: 3 x 5 Cards (James 4:7)			
PHYSICAL 8: Memento Mori			
PHYSICAL 9: 3 x 5 Cards (Philippians 4:6–7)			
PHYSICAL 10: Consider the Flowers			
PHYSICAL 11: 3 x 5 Cards (1 Corinthians 10:13)			
PHYSICAL 12: Breath Prayers			
PHYSICAL 13: 3 x 5 Cards (1 Peter 5:10)			

PRAYER EXERCISES	WORKED FOR YOU?		
	YES	NO	NEUTRAL
PRAYER 1: Flash Prayers			
PRAYER 2: The Seven Components of Prayer			
PRAYER 3: Paul's Life-Changing Prayers, #1			
PRAYER 4: The Lord's Prayer			
PRAYER 5: Paul's Life-Changing Prayers, #2			
PRAYER 6: Pray <i>with</i> Others			

... CONTINUED, PRAYER EXERCISES	YES	NO	NEUTRAL
PRAYER 7: Paul's Life-Changing Prayers, #3			
PRAYER 8: Wordless Prayer			
PRAYER 9: Pray <i>for</i> Others			
PRAYER 10: Ask for Direction in Prayer			
PRAYER 11: Paul's Life-Changing Prayers, #4			
PRAYER 12: Written Prayers			
PRAYER 13: Handbook to Prayer			

RELATIONAL EXERCISES	WORKED FOR YOU?		
	YES	NO	NEUTRAL
RELATIONAL 1: Every Encounter			
RELATIONAL 2: The Least, Last, and Lost			
RELATIONAL 3: Spiritual Discussions			
RELATIONAL 4: Tangible Expressions			
RELATIONAL 5: Difficult People			
RELATIONAL 6: Two Things We Can't Do in Heaven			
RELATIONAL 7: Invite Mentorship			
RELATIONAL 8: Seek Soul Friends			
RELATIONAL 9: Be Your Spouse's Student			
RELATIONAL 10: Ongoing Dialogue			
RELATIONAL 11: Practice Forgiveness			
RELATIONAL 12: Handwritten Notes			
RELATIONAL 13: The Witness of Christian Koinonia			

SCRIPTURE EXERCISES	WORKED FOR YOU?		
	YES	NO	NEUTRAL
SCRIPTURE 1: Images of Living in His Presence			
SCRIPTURE 2: The Four R's			
SCRIPTURE 3: Words of Jesus			
SCRIPTURE 4: Meditate on the Life of Christ			
SCRIPTURE 5: A Psalm a Day			
SCRIPTURE 6: Psalms of Lament			
SCRIPTURE 7: Proverbs			
SCRIPTURE 8: Short Books			
SCRIPTURE 9: Renewal Verses			
SCRIPTURE 10: Bible App			
SCRIPTURE 11: Morning Affirmations, #1			
SCRIPTURE 12: Morning Affirmations, #2			
SCRIPTURE 13: Bible Reading Plan			

SENSORY EXERCISES	WORKED FOR YOU?		
	YES	NO	NEUTRAL
SENSORY 1: Cultivate a Seeing Eye			
SENSORY 2: The Ministry of Music			
SENSORY 3: Turn Pleasures to Praise			
SENSORY 4: Nature Walks			
SENSORY 5: Photographs			
SENSORY 6: Consider the Birds			

... CONTINUED, SENSORY EXERCISES	YES	NO	NEUTRAL
SENSORY 7: Videos			
SENSORY 8: Special Places			
SENSORY 9: Highest and Lowest Moments			
SENSORY 10: Watch a Good Film			
SENSORY 11: Great Works of Art			
SENSORY 12: Poetry			
SENSORY 13: Holy Icons			

TIME & WORK EXERCISES	WORKED FOR YOU?		
	YES	NO	NEUTRAL
TIME & WORK 1: Chronos vs. Kairos			
TIME & WORK 2: Balanced Schedule			
TIME & WORK 3: Important vs. Urgent			
TIME & WORK 4: Time Stopping			
TIME & WORK 5: Avoid Presumption			
TIME & WORK 6: Multiply Devotions			
TIME & WORK 7: Pray and Work			
TIME & WORK 8: Attitude of Dependence			
TIME & WORK 9: Regular Annoyance			
TIME & WORK 10: Smartphone Alerts			
TIME & WORK 11: Technology Break			
TIME & WORK 12: Excellence vs. Success			
TIME & WORK 13: Pay and Pray			

WISDOM EXERCISES	WORKED FOR YOU?		
	YES	NO	NEUTRAL
WISDOM 1: Monitor Your Thought Life			
WISDOM 2: Identity in Christ			
WISDOM 3: Living in Light of "Well Done"			
WISDOM 4: Four Last Things			
WISDOM 5: Four Transforming Words			
WISDOM 6: Every Circumstance			
WISDOM 7: Confession			
WISDOM 8: Monitor Temptations as They Arise			
WISDOM 9: Reflect on the Past			
WISDOM 10: From Image to Likeness			
WISDOM 11: The Kingdom of God in Seven G's			
WISDOM 12: The Daily Examen			
WISDOM 13: The Good Life (VIM Model)			

Acknowledgements

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Thanks, too, to Michael Stewart, for his input in shaping this guide. Because of his creative input, we modified the eight category descriptions so there would be 13 exercises in each. That made it possible to shape the 52-Week Plan, with two exercises per week.

About the Authors

Dr. Kenneth Boa is engaged in a ministry of relational evangelism and discipleship, teaching, writing, and speaking. He is the author of more than 50 books, including *Life in the Presence of God*, *Rewriting Your Broken Story*, *Faith Has Its Reasons*, *Conformed to His Image*, *Handbook to Prayer*, *Handbook to Scripture*, *Handbook to Renewal*, *A Journal of Sacred Readings*, *I'm Glad You Asked*, and *20 Compelling Evidences That God Exists*. The president of Reflections Ministries and Trinity House Publishers, he holds a BS from Case Institute of Technology, a ThM from Dallas Theological Seminary, a PhD from New York University, and a DPhil from the University of Oxford in England. He resides in Atlanta with his wife, Karen.

Mrs. Jenny M. (Robinson) Abel is a freelance writer and editor. Having sat under Ken Boa's teaching since she was a teen, she began working with him in 2013 and served as editor of *Life in the Presence of God*. She holds a BS from Furman University and resides in Charlottesville, Virginia, with her husband, Ben.

More Resources



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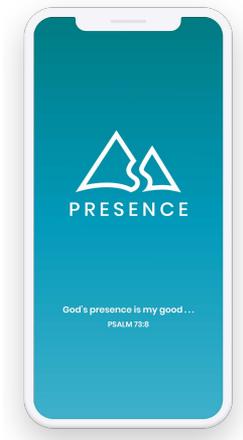
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THIS GUIDE ISN'T A DEVOTIONAL.
IT'S NOT A BUNCH OF THINGS
TO ADD TO YOUR TO-DO LIST.

It's a book about
BECOMING MORE INTENTIONAL
IN YOUR AWARENESS OF GOD,
rather than increasing your activities for God.

A companion to *Life in the Presence of God* (Kenneth Boa, InterVarsity Press, 2017), this guide contains a suite of 104 practices encompassing a wide range of experiences, contexts, and interactions. The exercises go beyond traditional Bible reading and prayer (although those are included as well), tapping into all of your God-given senses in ways you may not have thought of.

These practices are designed to help increase your intimacy with Christ and make it more likely you'll experience what the poet George Herbert called "heaven in ordinary"—God's presence in everyday life, from home to work and everywhere in between.

The exercises may be used individually as well as corporately in churches or other group settings.

This guide offers no magic pill. It's only a toolkit. But it might just contain the most important, fruitful, *enjoyable* things you do.

