



Being with Jesus

Prayer – the Presence of Jesus

Icebreaker: Have you ever been to an event or met someone special and realised that you were wearing the wrong clothes? Or gone to shake someone's hand and realised that you're covered in muck? Maybe in a dream.

Imagine turning up at Buckingham Palace to receive your knighthood to realise that you're in shorts and sandals and they won't let you in – people have nightmares about this sort of thing.

Bible Readings:

Zechariah 3:1-5

When we come into the presence of God we can sometimes feel like Joshua must have done wearing dirty clothes. But, unlike being ejected from the occasion or rejected by the company, God welcomes us into His presence, even in our filth and brokenness.

Isaiah 6:1-7

The natural response as we become aware of the gap between us and God is repentance. The miracle is that God forgives us, places rich, clean clothes on us and welcomes us into the Presence – all the time.

In Matthew 28:20 Jesus promises to be with us always. God is everywhere all the time, so we are technically always in his presence. But sometimes we become more aware of it - can you share a time when that happened for you? What were your sensations and feelings in that moment? It's hard to express your experience of God's presence in words. Have a go anyway!

Reflective Questions:

1. What are the benefits of spending time becoming aware of God's presence?
2. Have you tried to do Lectio Divina on your own? Have you been able to weave it into your routines and see it impact your day? It may take weeks for it to become a habit.

Prayer

Spend a little time in quiet, using the breath prayers:

- Breathe in deeply and silently pray, "You are here"
- Breathe out praying, "And I am with You."

1. When you tried to concentrate on God like that, what was it like?
2. How could you deal with distractions?
3. In what way could you weave this type of prayer into your daily or weekly routine?