

## Practicing the Presence of God

### Lesson 3

#### **Genesis 5:24**

*Enoch walked with God.*

The true test of a person's spiritual life and character is not what he does in the extraordinary moments of life, but what he does during the daily grind of everyday life when there is nothing tremendous or exciting happening. In the 1600's, there was a monk named Brother Lawrence who was a dishwasher in his monastery.

He made a profound discovery that is true for every believer in the workplace today. "For me the time of activity does not differ from the time of prayer, and in the noise and clatter of my kitchen, while several persons are calling together calling for as many different things, I possess God in as great tranquility as when upon my knees at the blessed Sacrament."

You see, he found no urgency for retreats, because in the common task he met the same God to love and worship as he did in the stillness of the desert. It is this kind of life that Jesus desires for each of his children. Enoch was also a man that practiced the presence of God. The Bible does not give a detailed account of his life. All we know about him is that "He walked with God." In fact, it says in Genesis 5:22 that Enoch walked with God 300 years! Wow! That is faithfulness!

What does it mean to practice the presence of God daily?

- It means we are constantly talking to our Heavenly Father about the issues in our day.
- It means praying about things as they come up.
- It means stopping at a red light and praying for the person God brings to mind.
- It means singing a song in your car while you are sitting in traffic. That is practicing the presence of God.

This coming week, when God gives you times alone or there are needs that arise, stop and consult your Heavenly Father about the situation. Then you will be practicing the presence of God.

## **Practicing the Presence of God**

### *Roundtable Discussion Questions*

#### **Genesis 5:24**

*Enoch walked with God.*

1. Do you separate your spiritual life from your “everyday” or natural life?
2. When you make decisions at home do you consult God about every little thing?
3. When is the most important time to have the “mind of God” in a situation of your life? Is it realistic to think God would tell you what to do?