

Presbyterians *Read*



Second Week of Advent

Practicing the Presence

“The people who walked in darkness have seen a great light;
those who lived in a land of deep darkness—on them light has shined.”
(Isaiah 9:2)

“If you do not want to miss out, you must pay attention to that other world,
the unreasonable, inexplicable world saturated with God’s holiness,
that is in the long run more decisive and more satisfying
than the available world offers.”
(Brueggemann 27)

This week, our spiritual practice is practicing the presence—intentionally living into a deeper awareness of God’s activity in our lives.

- 1 In the morning, consider how you will live your day in God's presence. Throughout the day ask yourself if you are still living your intention to be in God’s presence. Ask God to give you the eyes to see the world as God sees it.
- 2 Develop prayers that help you stay awake to God. For instance, find a verse or prayer that you will pair with certain things in your day (e.g., a prayer you always say while you are in the shower, while you are cooking or while you are driving). Let these prayers lead you into deeper encounters with God.

These ideas are adapted from Calhoun (see pp. 71–73)