



Navigator Disciplemaking Tool



PRACTICING GOD'S PRESENCE IN PRAYER

I will praise the Lord, who counsels me; even at night my heart instructs me.

I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. Psalm 16:7,8

PREPARING YOUR HEART:

Spend a few minutes placing your trust in God's hands. Slow your mind down as you breathe deeply and still your body.

Acknowledge God's presence and tell Him what is going on inside of you right now. Thank Him for meeting you right where you are.

PRESSING IN:

Read Psalm 16:7,8.

How did David anticipate God's presence? When?

In what ways do you think you might be able to establish the habit of anticipating God's presence when you come to prayer? Throughout the day? At night?

Read Deuteronomy 31:8 and Matthew 28:20.

How do these truths encourage you?

Write some things you might say to God to acknowledge His presence during your time alone with Him in your prayer journal.

What things make it difficult for you to become quiet, still, and focused in God's presence?

How can you plan to deal with these ahead of time?

Thank God right now for His commitment to you. Acclimate yourself to His presence in this very moment. Close your eyes and take a few deep breaths. Open them, but continue breathing as follows:

Inhale as you say—*Lord Jesus, I receive your love.*

Exhale as you say—*I release guilt and fear.*

Inhale as you say—*Lord Jesus, I receive your truth.*

Exhale as you say—*I release anxiety and distrust.*

Inhale as you say—*Lord Jesus, I receive your peace.*

Exhale as you say—*I release tension and fretfulness.*

Inhale as you say—*Lord Jesus, I receive your light.*

Exhale as you say—*I release my sin and disobedience.*

What happened in your mind and body as you engaged in this sort of spiritual breathing? Practice this in the coming days.