

## Practicing the Presence of God\*

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*Adapted from Brother Lawrence a Carmelite Monk in 1666.*

### P Praise God Continually

Psalms 34

- *Psalm 34:1 — “I will bless the Lord at all times; His praise shall continually be in my mouth.”*
- *Psalm 71:14 — “But as for me, I will wait and hope continually And will praise You more and more.”*
- *Hebrews 13:15 — “Through Him, therefore, let us at all times offer up to God a sacrifice of praise, which is the fruit of lips that thankfully acknowledge and confess and glorify His name.”*
- *Psalm 104:33 — “I will sing to the Lord as long as I live; I will sing praise to my God while I have my being.”*

**Praise Song or Hymn:**

### R Rejoice in Negative Circumstances

James 1:2-4

- *James 1:2-3 — “Consider it nothing but joy, my brothers and sisters, whenever you fall into various trials. Be assured that the testing of your faith [through experience] produces endurance [leading to spiritual maturity, and inner peace].”*
- *Romans 5:3-5 — “And not only this, but [with joy] let us exult in our sufferings and rejoice in our hardships, knowing that hardship (distress, pressure, trouble) produces patient endurance; and endurance, proven character (spiritual maturity); and proven character, hope and confident assurance [of eternal salvation]. Such hope [in God’s promises] never disappoints us, because God’s love has been abundantly poured out within our hearts through the Holy Spirit who was given to us.”*
- *1 Thessalonians 5:16-18 — “Rejoice always and delight in your faith; be unceasing and persistent in prayer; in every situation [no matter what the circumstances] be thankful and continually give thanks to God; for this is the will of God for you in Christ Jesus.”*

**Praise Song or Hymn:**

### E Experience God in Your Low Points

Psalms 38

- *Psalm 38:21 Do not forsake me, O LORD! O my God, be not far from me!*
- *Psalm 34:18 — “The Lord is near to the brokenhearted And saves those who are crushed in spirit.”*
- *Psalm 23:4 — “Even though I walk through the [sunless] valley of the shadow of death, I fear no evil, for You are with me; Your rod [to protect] and Your staff [to guide], they comfort and console me.”*
- *Isaiah 57:15 — “For the high and exalted One He who inhabits eternity, whose name is Holy says this, ‘I dwell on the high and holy place, As well as with the contrite and humble in spirit In order to revive the spirit of the humble And to revive the heart of the contrite [subdued by their shortcomings and sins].’”*

**Praise Song or Hymn:**

### S Seek the Lord

Matthew 6:33

- *Matthew 6:33 — “But first and most importantly seek (aim at, strive after) His kingdom and His righteousness [His way of doing and being right—the attitude and character of God], and all these things will be given to you also.”*
- *Jeremiah 29:13 — “Then [with a deep longing] you will seek Me and require Me [as a vital necessity] and [you will] find Me when you search for Me with all your heart.”*

- *Psalm 105:4* — “Seek the Lord [search diligently for Him and regard Him as the foremost necessity of your life]. And His strength [His power, His excellence, His transcendent glory]; Seek His face continually [longing to be in His presence].”
- *1 Chronicles 16:11* — “Seek the Lord and His strength; Seek His face continually [longing to be in His presence].”

**Praise Song or Hymn:** *Seek ye First;*

**E Expect the Miraculous Hebrews 11**

- *Matthew 19:26* — “But Jesus looked at them and said, ‘With people [as far as it depends on them] it is impossible, but with God all things are possible.’”
- *Mark 9:23* — “Jesus said to him, ‘[You say to Me,] ‘If You can?’ All things are possible for the one who believes and trusts [in Me]!’”
- *Luke 1:37* — “For with God nothing [is or ever] shall be impossible.”

**Praise Song or Hymn:** *How Great is Our God;*

**N Need the Lord Ephesians 5:18**

- *John 15:5* — “I am the Vine; you are the branches. The one who remains in Me and I in him bears much fruit, for [otherwise] apart from Me [that is, cut off from vital union with Me] you can do nothing.”
- *Proverbs 3:5-6* — “Trust in and rely confidently on the Lord with all your heart And do not rely on your own insight or understanding. In all your ways know and acknowledge and recognize Him, And He will make your paths straight and smooth [removing obstacles that block your way].”
- *Philippians 4:19* — “And my God will liberally supply (fill until full) your every need according to His riches in glory in Christ Jesus.”

**Praise Song or Hymn:** *I Need Thee – Matt Mayher*

**C Confess your Sins & Experience God’s Forgiveness 1John 1:9**

- *1 John 1:9* — “If we [freely] admit that we have sinned and confess our sins, He is faithful and just [true to His own nature and promises], and will forgive our sins [our lawlessness, our wrongdoings] and cleanse us continually from all unrighteousness [our sins, everything not in conformity with His will and purpose].”
- *Psalm 32:5* — “I acknowledged my sin to You, And I did not hide my wickedness; I said, ‘I will confess [all] my transgressions to the Lord’; And You forgave the guilt of my sin.”
- *Proverbs 28:13* — “He who conceals his transgressions will not prosper, But whoever confesses and turns away from his sins will find compassion and mercy.”

**Praise Song or Hymn:**

**E Enjoy the Lord John 10:10b**

- *John 10:10* – I’ve come that you might have life and have it more abundantly
- *Psalm 37:4* — “Delight yourself in the Lord, And He will give you the desires and petitions of your heart.”
- *Psalm 16:11* — “You will show me the path of life; In Your presence is fullness of joy; In Your right hand there are pleasures forevermore.”
- *Psalm 34:8* — “O taste and see that the Lord [our God] is good; How blessed [fortunate, prosperous, and favored by God] is the man who takes refuge in Him.”

**Praise Song or Hymn:**

*\* This sheet will introduce you to a powerful and practical acrostic I learned from my friend Dr. Ron Jenson, in 1977. The teaching was adapted from a Carmelite Monk, Brother Lawrence (1666) and still is as powerful today as then. May it be a blessing to you.*

# A Prayer of Confession and Commitment Taking You into the Presence of God

by J. Keet Lewis

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Heavenly Father, I come to You today, as a broken vessel that can hold no water. I confess, that as I stand before You, the Righteous and Holy God of the universe, and that I lack righteousness and am full of sin, iniquity and transgression. I also confess that all of my so-called good works, will not satisfy you, they are self-righteousness and only wood, hay and stubble.

Today, right now I receive your Son the Lord Jesus Christ as my Savior who died on the cross of Calvary FOR me and then rose from the grave, conquering sin and death and then sent His Holy Spirit to live IN me and give me the power and strength to trust and walk with Him, as my Lord.

Father, may your Son Jesus Christ take up residence in me through your Holy Spirit, so that I may please you in this life and reside with you in the afterlife. Thank you for your grace and love towards me. You sent your Son to die that I might live.....So Father, help me to die to myself that I might allow your Holy Spirit to live out the resurrection life of your Son Jesus Christ in and through my life.

I desire to go a new direction in my life and follow You. So, help me discover more of who You are and teach me to walk with You in a new life, that I may learn to walk by faith and not by sight. That by trusting in the finished work of Jesus, I am joined to the life of God and I can know that I have eternal life. I ask this, in the strong name of Jesus Christ, your Son and my Savior, my Lord, my Rock and my Redeemer. Amen

**Keet Notes:** *This prayer is the beginning step or maybe a re-beginning step for you. This is where the exciting journey of walking as a follower of Christ begins. There are many resources that are available to you. A study bible (NKJV, NIV, NASV, ESV or others) with a concordance and maps will be helpful, a notebook or journal (the size of your bible) and maybe a Bible Handbook (Unger's or Halley's). Download several Bible teaching apps (from the App Store) to your phone: Bott Radio Network, Real Life Radio (with Jack Hibbs), Know the Truth (with Philip DeCourcy), Dr. Tony Evans and The Bible Recap, so that you can learn from the finest bible teachers and begin a life of worship. Find a Bible teaching local Church and get involved. Go to my "Coins For The Journey" site, [www.CoinsFTJ.com](http://www.CoinsFTJ.com) and you can find the key truths (PDF and Audio Links) I have learned in 50+ years of walking with Christ.*

*Keys to Practice the Presence are found in Romans 12:1-2  
Practice Daily: **P**resentation, **S**eparation, **T**ransformation & **D**emonstration*

*Audio Links: CoinsFTJ\_Spiritual Growth.PDF [www.CoinsFTJ.com](http://www.CoinsFTJ.com)*

## Psalm 34 (ESV)

*Praise God Continually - Taste and See That the LORD Is Good*

- I will bless the LORD at all times;  
his praise shall continually be in my mouth.
- <sup>2</sup> My soul makes its boast in the LORD;  
let the humble hear and be glad.
- <sup>3</sup> Oh, magnify the LORD with me,  
and let us exalt his name together!
- <sup>4</sup> I sought the LORD, and he answered me  
and delivered me from all my fears.
- <sup>5</sup> Those who look to him are radiant,  
and their faces shall never be ashamed.
- <sup>6</sup> This poor man cried, and the LORD heard him  
and saved him out of all his troubles.
- <sup>7</sup> The angel of the LORD encamps  
around those who fear him, and delivers them.
- <sup>8</sup> Oh, taste and see that the LORD is good!  
Blessed is the man who takes refuge in him!
- <sup>9</sup> Oh, fear the LORD, you his saints,  
for those who fear him have no lack!
- <sup>10</sup> The young lions suffer want and hunger;  
but those who seek the LORD lack no good thing.
- <sup>11</sup> Come, O children, listen to me;  
I will teach you the fear of the LORD.
- <sup>12</sup> What man is there who desires life  
and loves many days, that he may see good?
- <sup>13</sup> Keep your tongue from evil  
and your lips from speaking deceit.
- <sup>14</sup> Turn away from evil and do good;  
seek peace and pursue it.
- <sup>15</sup> The eyes of the LORD are toward the righteous  
and his ears toward their cry.
- <sup>16</sup> The face of the LORD is against those who do evil,  
to cut off the memory of them from the earth.
- <sup>17</sup> When the righteous cry for help, the LORD hears  
and delivers them out of all their troubles.
- <sup>18</sup> The LORD is near to the brokenhearted  
and saves the crushed in spirit.
- <sup>19</sup> Many are the afflictions of the righteous,  
but the LORD delivers him out of them all.
- <sup>20</sup> He keeps all his bones;  
not one of them is broken.
- <sup>21</sup> Affliction will slay the wicked,  
and those who hate the righteous will be condemned.
- <sup>22</sup> The LORD redeems the life of his servants;  
none of those who take refuge in him will be condemned.

## James 1:2-4 and 5-8 (ESV)

*Rejoice in Negative Circumstances - Testing of Your Faith Produces Steadfastness – If You Lack Wisdom .. Ask*

<sup>2</sup> Count it all joy, my brothers,<sup>[a]</sup> when you meet trials of various kinds,  
<sup>3</sup> for you know that the testing of your faith produces steadfastness. <sup>4</sup> And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. <sup>5</sup> If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. <sup>6</sup> But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind. <sup>7</sup> For that person must not suppose that he will receive anything from the Lord; <sup>8</sup> he is a double-minded man, unstable in all his ways.

## Psalm 38 (ESV)

*Experience God in your Low Points - Do Not Forsake Me, O LORD*

O LORD, rebuke me not in your anger,  
nor discipline me in your wrath!  
<sup>2</sup> For your arrows have sunk into me,  
and your hand has come down on me.  
<sup>3</sup> There is no soundness in my flesh  
because of your indignation; there is no health  
in my bones because of my sin.  
<sup>4</sup> For my iniquities have gone over my head;  
like a heavy burden, they are too heavy for me.  
<sup>5</sup> My wounds stink and fester  
because of my foolishness,  
<sup>6</sup> I am utterly bowed down and prostrate;  
all the day I go about mourning.  
<sup>7</sup> For my sides are filled with burning,  
and there is no soundness in my flesh.  
<sup>8</sup> I am feeble and crushed;  
I groan because of the tumult of my heart.  
<sup>9</sup> O Lord, all my longing is before you;  
my sighing is not hidden from you.  
<sup>10</sup> My heart throbs; my strength fails me,  
and the light of my eyes—it also has gone from me.  
<sup>11</sup> My friends and companions stand aloof from my plague,  
and my nearest kin stand far off.  
<sup>12</sup> Those who seek my life lay their snares;  
those who seek my hurt speak of ruin  
and meditate treachery all day long.  
<sup>13</sup> But I am like a deaf man; I do not hear,  
like a mute man who does not open his mouth.  
<sup>14</sup> I have become like a man who does not hear,  
and in whose mouth are no rebukes.  
<sup>15</sup> But for you, O LORD, do I wait;  
it is you, O Lord my God, who will answer.

- <sup>16</sup> For I said, “Only let them not rejoice over me,  
who boast against me when my foot slips!”
- <sup>17</sup> For I am ready to fall, and my pain is ever before me.
- <sup>18</sup> I confess my iniquity; I am sorry for my sin.
- <sup>19</sup> But my foes are vigorous, they are mighty,  
and many are those who hate me wrongfully.
- <sup>20</sup> Those who render me evil for good  
accuse me because I follow after good.
- <sup>21</sup> Do not forsake me, O LORD!  
O my God, be not far from me!
- <sup>22</sup> Make haste to help me,  
O Lord, my salvation!

## **Matthew 6: 9-10, 19-21, 24-25 and 33 (ESV)**

### *Seek the Lord and His Kingdom – Model Prayer*

“Our Father in heaven, hallowed be your name.

<sup>10</sup> Your kingdom come, your will be done, on earth as it is in heaven.

<sup>11</sup> Give us this day our daily bread, <sup>12</sup> and forgive us our debts,  
as we also have forgiven our debtors. <sup>13</sup> And lead us not into  
temptation but deliver us from evil. *For yours is the kingdom and the  
power and the glory, forever. Amen”*

<sup>19</sup> “Do not lay up for yourselves treasures on earth, where moth and rust<sup>[e]</sup>  
destroy and where thieves break in and steal, <sup>20</sup> but lay up for yourselves  
treasures in heaven, where neither moth nor rust destroys and where  
thieves do not break in and steal. <sup>21</sup> For where your treasure is, there your  
heart will be also.

<sup>24</sup> “No one can serve two masters, for either he will hate the one and love  
the other, or he will be devoted to the one and despise the other. You  
cannot serve God and money. <sup>25</sup> “Therefore I tell you, do not be anxious  
about your life, what you will eat or what you will drink, nor about your  
body, what you will put on.

<sup>33</sup> But seek first the kingdom of God and his righteousness, and all these  
things will be added to you.

## **Hebrews 11 (ESV)**

### *Expect the Miraculous - By Faith*

<sup>11</sup> Now faith is the assurance of things hoped for, the conviction of things  
not seen. <sup>2</sup> For by it the people of old received their commendation. <sup>3</sup> By  
faith we understand that the universe was created by the word of God, so  
that what is seen was not made out of things that are visible.

<sup>4</sup> By faith Abel offered to God a more acceptable sacrifice than Cain,  
through which he was commended as righteous, God commending him by  
accepting his gifts. And through his faith, though he died, he still speaks.

<sup>5</sup> By faith Enoch was taken up so that he should not see death, and he was  
not found, because God had taken him. Now before he was taken he was

commended as having pleased God. <sup>6</sup> And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him. <sup>7</sup> By faith Noah, being warned by God concerning events as yet unseen, in reverent fear constructed an ark for the saving of his household. By this he condemned the world and became an heir of the righteousness that comes by faith.

<sup>8</sup> By faith Abraham obeyed when he was called to go out to a place that he was to receive as an inheritance. And he went out, not knowing where he was going. <sup>9</sup> By faith he went to live in the land of promise, as in a foreign land, living in tents with Isaac and Jacob, heirs with him of the same promise. <sup>10</sup> For he was looking forward to the city that has foundations, whose designer and builder is God. <sup>11</sup> By faith Sarah herself received power to conceive, even when she was past the age, since she considered him faithful who had promised. <sup>12</sup> Therefore from one man, and him as good as dead, were born descendants as many as the stars of heaven and as many as the innumerable grains of sand by the seashore.

<sup>13</sup> These all died in faith, not having received the things promised, but having seen them and greeted them from afar, and having acknowledged that they were strangers and exiles on the earth. <sup>14</sup> For people who speak thus make it clear that they are seeking a homeland. <sup>15</sup> If they had been thinking of that land from which they had gone out, they would have had opportunity to return. <sup>16</sup> But as it is, they desire a better country, that is, a heavenly one. Therefore God is not ashamed to be called their God, for he has prepared for them a city.

<sup>17</sup> By faith Abraham, when he was tested, offered up Isaac, and he who had received the promises was in the act of offering up his only son, <sup>18</sup> of whom it was said, "Through Isaac shall your offspring be named." <sup>19</sup> He considered that God was able even to raise him from the dead, from which, figuratively speaking, he did receive him back. <sup>20</sup> By faith Isaac invoked future blessings on Jacob and Esau. <sup>21</sup> By faith Jacob, when dying, blessed each of the sons of Joseph, bowing in worship over the head of his staff. <sup>22</sup> By faith Joseph, at the end of his life, made mention of the exodus of the Israelites and gave directions concerning his bones.

<sup>23</sup> By faith Moses, when he was born, was hidden for three months by his parents, because they saw that the child was beautiful, and they were not afraid of the king's edict. <sup>24</sup> By faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, <sup>25</sup> choosing rather to be mistreated with the people of God than to enjoy the fleeting pleasures of sin. <sup>26</sup> He considered the reproach of Christ greater wealth than the treasures of Egypt, for he was looking to the reward. <sup>27</sup> By faith he left Egypt, not being afraid of the anger of the king, for he endured as seeing him who is invisible. <sup>28</sup> By faith he kept the Passover and sprinkled the blood, so that the Destroyer of the firstborn might not touch them. <sup>29</sup> By faith the people crossed the Red Sea as on dry land, but the Egyptians, when they attempted to do the same, were drowned. <sup>30</sup> By faith the walls of Jericho fell down after they had been encircled for seven days.

<sup>31</sup> By faith Rahab the prostitute did not perish with those who were disobedient, because she had given a friendly welcome to the spies.

<sup>32</sup> And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets—<sup>33</sup> who through faith conquered kingdoms, enforced justice, obtained promises, stopped the mouths of lions,<sup>34</sup> quenched the power of fire, escaped the edge of the sword, were made strong out of weakness, became mighty in war, put foreign armies to flight.<sup>35</sup> Women received back their dead by resurrection. Some were tortured, refusing to accept release, so that they might rise again to a better life.<sup>36</sup> Others suffered mocking and flogging, and even chains and imprisonment.<sup>37</sup> They were stoned, they were sawn in two,<sup>[a]</sup> they were killed with the sword. They went about in skins of sheep and goats, destitute, afflicted, mistreated—<sup>38</sup> of whom the world was not worthy—wandering about in deserts and mountains, and in dens and caves of the earth.

<sup>39</sup> And all these, though commended through their faith, did not receive what was promised,<sup>40</sup> since God had provided something better for us, that apart from us they should not be made perfect.

## **Ephesians 5:15-21 (ESV)**

### *Need the Lord – Be Filled with the Holy Spirit*

<sup>15</sup> Look carefully then how you walk, not as unwise but as wise,<sup>16</sup> making the best use of the time, because the days are evil.<sup>17</sup> Therefore do not be foolish, but understand what the will of the Lord is.<sup>18</sup> And do not get drunk with wine, for that is debauchery, but be filled with the Spirit,<sup>19</sup> addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart,<sup>20</sup> giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ,<sup>21</sup> submitting to one another out of reverence for Christ.

## **1 John 1:6-10 (ESV)**

### *Confess your Sins and Experience God's Forgiveness*

<sup>6</sup> If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth.<sup>7</sup> But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.<sup>8</sup> If we say we have no sin, we deceive ourselves, and the truth is not in us.<sup>9</sup> If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.<sup>10</sup> If we say we have not sinned, we make him a liar, and his word is not in us.

## **John 10:9-11 (ESV)**

### *Enjoy the Lord thru an Abundant Life with the Good Shepherd*

<sup>9</sup> I am the door. If anyone enters by me, he will be saved and will go in and out and find pasture.<sup>10</sup> The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.<sup>11</sup> I am the good shepherd. The good shepherd lays down his life for the sheep.