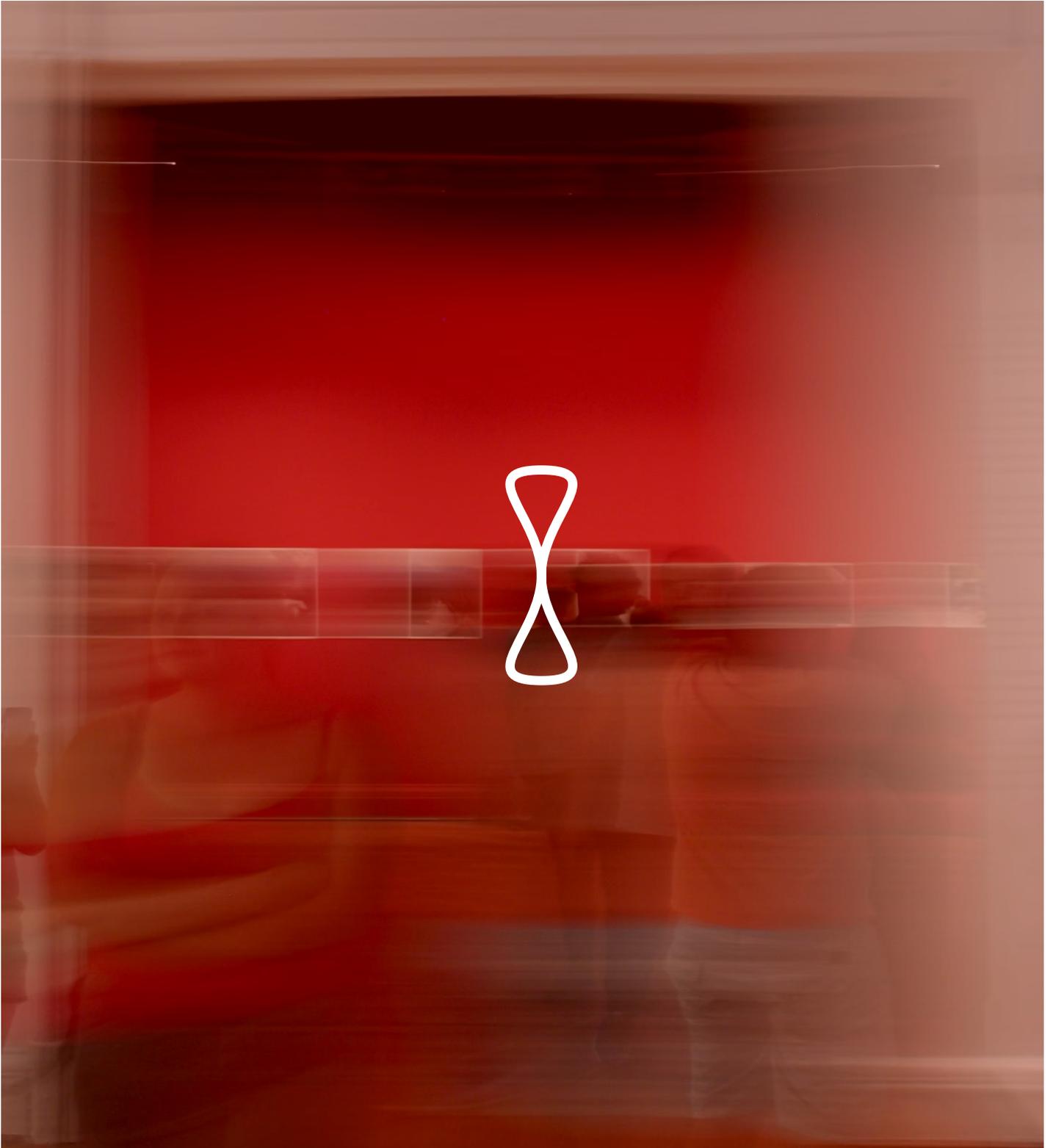




P R E S E N C E



February Teaching Series

Practicing the Presence

Week 4

Reflect

Take some time to process together as a group on last week's practice:

- How did you start practicing what we talked about last week?
- How was your experience in your practice?
- Where did you feel God most present and distant this week?

Overview

This week we explored what it means to practice the Presence of God — not just talk about it, sing about it, or visit it on Sundays. The big idea was simple but transformative: Practicing the Presence means learning to return to God all day long, until His presence feels more normal than distraction. In a world designed to hijack our attention, the issue is not whether God is present — it's whether we are present to Him. We often drift not because we are rebellious, but because we are distracted, burdened by control, or spiritually numb.

We looked at Book of Exodus 33:12–17, where Moses draws a line in the sand and says, "If Your Presence does not go with us, do not send us up from here." Moses refused success without Presence. He understood that what distinguished God's people was not talent, blessing, or progress — but God Himself. God responds with a powerful promise: "My Presence will go with you, and I will give you rest." Rest, we learned, is not primarily a place or a vacation. It is the fruit of walking with God.



Reading

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Exodus 33:12–17 NIV

12 Moses said to the Lord, "You have been telling me, 'Lead these people,' but you have not let me know whom you will send with me. You have said, 'I know you by name and you have found favor with me.' 13 If you are pleased with me, teach me your ways so I may know you and continue to find favor with you. Remember that this nation is your people." 14 The Lord replied, "My Presence will go with you, and I will give you rest." 15 Then Moses said to him, "If your Presence does not go with us, do not send us up from here. 16 How will anyone know that you are pleased with me and with your people unless you go with us? What else will distinguish me and your people from all the other people on the face of the earth?" 17 And the Lord said to Moses, "I will do the very thing you have asked, because I am pleased with you and I know you by name."

Discussion

What tends to hijack your attention most easily?

Have you ever experienced success but felt spiritually dry? What was that like?

Where in your life are you tempted to pursue progress without Presence?

In what areas are you carrying pressure like it's your responsibility to fix everything?

Have you ever felt spiritually numb? What contributed to that? What helps you recover tenderness toward God?

Where have you been "trying" instead of "training"?



Practice

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When we talk about “Practicing the Presence,” we’re not inventing something new. We’re stepping into something deeply ancient. There was a 17th-century monk named Brother Lawrence who worked in a monastery kitchen. Not a preacher. Not a platform guy. A dishwasher. A cook. A background kind of man. He discovered something simple and profound: You can be with God anywhere. Practicing the Presence is not about escaping your life. It’s about inhabiting it with God.

Here are three simple practices to live this out daily:

1. Return: Whisper, “Father, I’m back,” whenever you notice you’ve drifted.
2. Pause: Take two intentional minutes each day to be still and aware of God.
3. Invite: Pray, “Come, Holy Spirit,” especially in moments of stress or distraction.

Further Resources

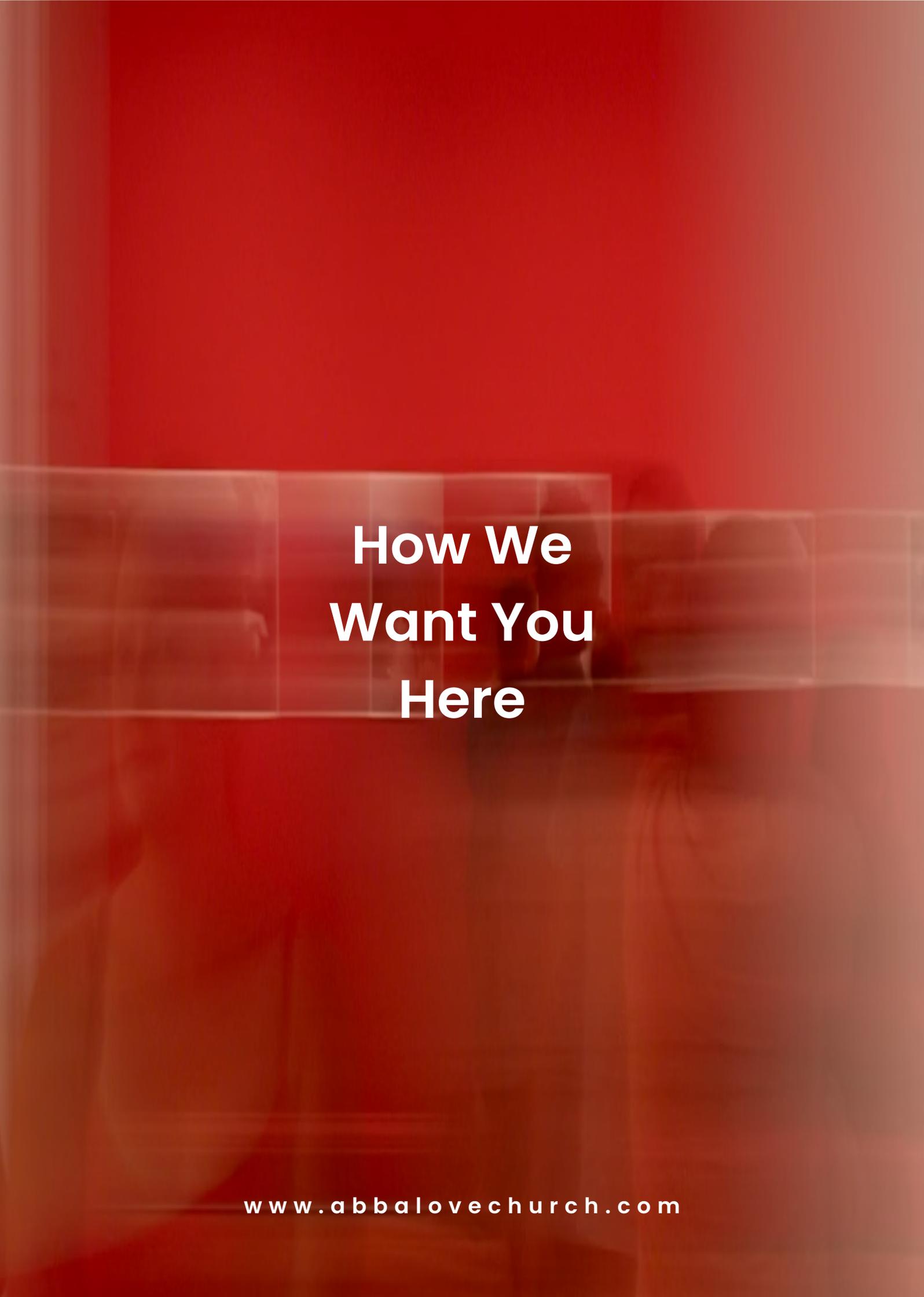
Video: Presence Teaching Series – Abbalove Church

Book: Praying Like Monks Living Like Fools – Tyler Staton

Book: How to Pray: A Simple Guide For Normal People – Pete Greig

Podcast: Rule of Life: Prayer – Practicing the Way





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