

Enjoying

GOD





This series explores how we can enjoy God in daily life. The first five weeks focus on one aspect of God's presence and the final week considers what habits can help us continue to practise enjoying God going forwards.

Week 1: Enjoying God in everyday life Psalm 16:5-11

Week 2: Enjoying the Father's love 1 John 3:1-3

Week 3: Enjoying the Son's grace Hebrews 4:14-16

Week 4: Enjoying the Spirit's presence Rom 8:14-17, 26-27

Week 5: Enjoying God in hard times 2 Cor 12:7-10

Week 6: Practising enjoyment John 15:1-11

There is more to the Christian life than reading the Bible and believing what it has to say about God is true. Many Christians would say it's also about obeying God, serving God and talking about God to others. But far fewer would speak in terms of enjoying Him. The Bible, however, reveals a God who delights in His people, walks with them, strengthens them, and pours out His love on them through the Father, the Son, and the Holy Spirit. The psalm writer says 'In your presence there is fullness of joy' and Jesus tells His disciples he wants their joy to be complete. At its heart, being a Christian is about sharing life with a living God.

This series explores how we can enjoy our life with God. We will think about how we can increase our awareness of His presence around us in ordinary life, deepen our relationship with Him as Father, Son and Spirit, discover joy when our circumstances are hard and reshape our lives so enjoying God remains central. Each week will help us recognise God is already with us and all around us and respond to Him with joyful devotion as countless others have done before us.

One of the most influential Christian writers on God's love in the early modern church was Francis de Sales, a 16th–17th century bishop. In his view, enjoying God is the very purpose for which the human soul is made. He taught that true joy and the most complete fulfilment grow out of a relationship of trust in which we receive God's love, rest in His kindness, and respond with sincere affection. To enjoy God is to live in the freedom of being loved and allowing that love to shape our desires, choices, and sense of self. This series invites us on that same journey of discovery, as we learn to enjoy the God who already delights in us and to make that enjoyment the centre of our daily lives.



Week 1:

Enjoying God in Everyday Life

Opening question

During the course of your day, where do you most naturally sense God's presence?

Introduction

From its very first pages, the Bible reveals that God is a god who is involved in everyday life. In the Garden of Eden he walks with Adam and Eve in the cool of the day, he visits Abraham in his tent for a meal and a chat, and he continues to protect, guide and speak in the ordinary outworking of the lives of his descendants. Psalm 16 also talks in terms of God being present, attentive and involved. The psalm writer's view of God is not as an impersonal being but as his portion (all he needs), his security and the source of his joy. This psalm invites us to imagine a life where meeting God is not confined to a church building or a daily quiet time but happens in the ordinary moments of work, rest and doing stuff that needs doing.

Enjoying God in everyday life begins with recognising that He is with us and we are with Him and to have a growing awareness of what that means day by day. It means knowing God is all and in all (1 Cor 15:28). There is no division between sacred and secular - the sacred is woven into the ordinary, just as we see in the life of Jesus. He visits a well for a drink, sits chatting round tables and makes breakfast on a beach as well as healing the sick and calming troubled waters. When we adopt this attitude of praise,

thanks and celebration, it trains us to notice what we would otherwise overlook. We recognise God at work in the little things as well as the big. For this reason, Paul writes in 1 Thessalonians 5:16-18 'Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.'

The 17th century monk, Brother Lawrence, learned this in his monastery kitchen. He discovered that washing dishes could offer the same opportunity to encounter God's presence as formal prayer times. Performing his mundane tasks with love and attention turned his work into a form of worship which allowed him to connect with God just as deeply as he did in quiet meditation. When we view ordinary everyday life as the place where God can be enjoyed, it opens the door to discovering that every moment can be a time of delighting in his love and rejoicing in his presence.

 **Read Psalm 16:5-11**

Discussion

1. What immediately jumps out at you as you listen to these verses?
2. What everyday experiences does the psalm connect with God's presence?
3. Describe what God being your 'portion' or 'cup' might look like in your life.
4. How might noticing God's presence change your approach to your week?
5. What gets in the way of your enjoying God in ordinary moments?

Going deeper

1. In what ways is the joy God gives different from the kind of happiness that depends on our circumstances?
2. What can we learn about having confidence in God's guidance?
3. How does verse 11 change your expectations about how you can enjoy life with God in the present?

Prayer

Thank God for the times when you noticed His presence in the ordinary this week.

Ask for the ability to rest securely in God's presence so you overflow with joy and praise.

Practice this week

Set aside a time (or times) to pause each day to notice ways in which God is present. Think about the small things as well as the more obvious. Allow a sense of gratitude and joy to well up inside you then, without inhibition, make your joyful response.

Background Notes

Context: Psalm 16 is traditionally attributed to King David. Its opening plea in v1 suggests a time of danger or insecurity. Most scholars suggest this as being David's period as a fugitive hiding from King Saul in the Judean desert (c. 1020-1010 BC).

Cultural Issues: The language of 'portion' and 'boundary lines' (v5-6) refers to the Israelite tribal land allotment system,

according to which a family's security and identity were tied to their designated territory. By saying God is his portion, the psalm writer is adopting the identity of the Levitical priesthood who were legally barred from owning land because their inheritance was the Lord (Deuteronomy 18:1-2). By describing God as his 'cup', he expands on this idea, acknowledging both the specific destiny God has in store for him and the deep satisfaction found in letting Him be his source of refreshment. In verses 9-11 the hope of avoiding abandonment to the realm of the dead represents a clear distinction from the prevailing Ancient Near Eastern concept of Sheol which envisaged death as a permanent dark decaying underworld devoid of God's presence.

Theological insight: True security in life comes from making your relationship with God your greatest treasure rather than things that don't last. Knowing it is for eternity brings joy, stability and guidance through the hardest times and even death itself.

Life lesson: Enjoying God begins with recognising Him as your greatest treasure. Trusting in Him means you can stay steady and secure even when life is difficult or scary. Being confident that His presence is for eternity means that fear of the future can be replaced by deep and lasting joy.

Quote to ponder: 'The time of business does not with me differ from the time of prayer; and in the noise and clatter of my kitchen... I possess God in as great tranquillity as if I were upon my knees at the blessed sacrament.' Brother Lawrence: *The Practice of the Presence of God*.



Week 2:

Enjoying the Father's love

Opening question

When you think of God as Father, what images or emotions come to mind?

Introduction

Above everything the Bible reveals about God is the recognition that he is a god who loves. He is a Father who is gracious, compassionate and slow to anger, and whose devotion is steadfast, tender and personal. This is the backdrop to 1 John 3:1–3, which invites us to be drawn into appreciating God the Father's love on a deeper, relational level. John urges us to “see” His love, to marvel at a love which is so generous that it gives us a new identity as children of God. We can sense his joy as he emphasises that this is who believers are now, not something we might be one day. Although we can't yet see the full picture of who we'll become, John reassures us that our future as beloved children will involve seeing Jesus, knowing Him completely and becoming fully like Him.

This vision of the Father's love sits at the heart of what it means to enjoy God. Enjoying God begins with recognising the truth that we are already loved, welcomed and secure. We don't have to try to prove our worth or earn our place; God our Father says we already belong. When we let the Father's love define us (rather than our achievements, failures, or circumstances), joy can be constantly present within us. We can 'rejoice always' (1 Thess

5:16). John's words invite us to let the Father's love transform how we see ourselves, respond to others, and relate to Him.

Julian of Norwich, a 14th century mystic, was someone who lived with this deep sense of being loved by God. Writing in a period of sickness and fear, she came to see God as endlessly patient, gentle, and secure in His love for His children. Her well-known statement, 'All shall be well, and all shall be well, and all manner of thing shall be well,' wasn't wishful thinking, as it can sound. It was a declaration of her deep assurance of her Father's constant care. Enjoying God meant resting in His love even when life was uncertain. Her confidence shows how learning to enjoy the Father's love can shape our whole way of being.

Read 1 John 3:1-3

Discussion

1. What is the first thing that strikes you as you hear the way John describes the Father's love?
2. What comes first: our choosing God or God choosing us?
3. How does seeing yourself as God's child shape your sense of identity?
4. In what way does knowing we are "children of God" affect the way you relate to Him?
5. Does your hope of what the future holds influence the choices you make today?

Going deeper

1. What might get in the way of your being able to receive God's fatherly love?

2. How does knowing you are loved by the Father affect the way you live?
3. In what ways might God be inviting you to rediscover the joy of being His child today?

Prayer

Thank the Father for adopting you into His family.
Ask Him to help you sense and enjoy His delight in you more deeply.

Practice this week

Set aside 20-30 mins to be still in God's presence without any other agenda than to simply soak in His love for you. 'See' - direct your internal gaze toward your Father's goodness and marvel at His immense love for you and delight in you as His child. Visualise his lavishing - imagine His love like warm sunshine bathing you in its warmth and reaching into every part of you. Enjoy what it feels to be cherished as a precious child. Whisper words of love in return. Stay until you get a sense of being fully satisfied, releasing you back into your day with your soul full of joy.



Background Notes

Context: John writes his letter towards the end of the first century to scattered Christian communities under pressure. False teaching that denied Jesus' humanity was being promoted by former members causing doubt and division. He wants them to know the experience of fellowship with the Father and Son so that they might be full of joy (1 John 1:3-4).

Cultural Issues: The first century Roman world placed huge importance on family status. Calling mostly poor and socially insignificant believers ‘children of God’ gave them a vastly different identity. Their worth was no longer based on birth, class or achievement but from being loved by God and designated as belonging to Him. Being adopted conveyed full legal status and rights of inheritance.

Theological Insight: Our identity as children of God is God-given and intended to shape how we see ourselves day by day. Our hope of a future in which we will be like Christ when we see Him is to lead us into living lives which reflect His likeness.

Life Lesson: Knowing you are loved means your identity is not affected by how others see you. Having a certain future with Christ frees you to live with hope, integrity and purpose in the present.

Quote to ponder: ‘For we are so preciously loved by God that we cannot even comprehend it. No created being can ever know how much and how sweetly and tenderly God loves them.’ Julian of Norwich *Revelations of divine love*



Week 3:

Enjoying the Son's grace

Opening question

How do you think Jesus responds when you struggle or fail?

Introduction

The love we receive from the Father takes on a human face in Jesus, the brother who welcomes us and the friend who lays down His life for us. Hebrews 4:14-16 speaks of Him as one who understands our frailty, has sympathy for our weakness and gives us grace whenever we need it. He isn't only the man who was God who lived among us and died on the cross to save us from the consequences of our sin two thousand years ago. He is our great High Priest, alive in the present, who is always ready to listen to us and to help us as one who knows what being human feels like.

This picture of Jesus helps us understand the meaning of grace in a new way. It enables us see it as the outcome of an ongoing relationship lived in the here and now rather than from a past event alone. We can come to Jesus as a friend who understands our limitations and as a priest with whom we can share our burdens and who intercedes before the Father on our behalf. Grace is the power we need at work in our lives to make us complete, steady, strong and firm (1 Peter 5:10). Enjoying the grace of Christ means resting joyfully in the knowledge that Jesus understands us, welcomes us, helps us and sticks with us.

Many Christians have found this deeply personal level of relationship with Jesus. Henri Nouwen, a 20th century contemplative priest and writer, discovered a Jesus who showed him grace in his vulnerability. He frequently wrote about how Jesus comes to us in our weakness to bless rather than to judge, and how the humanity of Jesus makes His grace accessible, gentle, and healing. For Nouwen, enjoying Jesus' grace meant learning to stop striving and instead allow himself to be loved, restored, and called "beloved". His experience echoes the emphasis of Hebrews 4, that Jesus' grace is shown through His compassion, empathy and acceptance. Enjoying the Son's grace can become an enduring daily reality.

 **Read: Hebrews 4:14–16**

Discussion

1. How does seeing Jesus as our High Priest as well as our brother and friend give us a fuller picture of who He is for us?
2. In what way does knowing that Jesus has sympathy for your weakness help you to come to Him?
3. Does the assurance that we can approach Him in confidence make a difference to what you expect His response will be?
4. Are there particular things that you need Jesus' mercy and help with right now?
5. What difference does it make when you see grace not only as forgiving but also as empowering?

Going deeper

1. What part of your life do you find it hardest to bring to Jesus?

2. How does knowing Jesus understands you from the inside and welcomes you without hesitation strengthen your relationship with Him?
3. What practices might help keep your joyful response to Jesus' grace at the heart of your relationship with Him?

Prayer

Thank Jesus for His compassion, intercession and grace. Ask for the confidence in being able to come to God as you are to fill you with joy this week.

Practice this week

Find time in the evening to pause and pray the five movements of a prayer of Examen as a means of building your confidence and kindling joy.

1. **Gaze at Jesus** Marvel at Jesus' love and grace. Rest in the knowledge that He sympathises with your weakness.
2. **Recall your day honestly** Tell Him where you felt weak, tempted, or conflicted as well as where there was goodness and light.
3. **Receive His mercy** Ask for the help you need and open yourself to accepting what He gives.
4. **Notice joy** Pay attention to the gratitude, warmth or relief that you feel. Ask yourself what has shifted. Take the time to stay with that sense of joy for a few moments.
5. **Pray in confidence** Thank Jesus for being your friend and brother and for the joy you've found in being understood, valued and loved. Ask Him to help you grow closer to Him and learn to enjoy Him more.



Background Notes

Context: Hebrews was written to Jewish Christians struggling under social pressure, public shame and threat of persecution, and wondering if returning to their former life would be safer. They needed reassurance that Jesus was not only worth holding on to, but that His priesthood gave them a deeper, more intimate access to God than anything they had known before.

Cultural issues: Many early believers came from a world where priests were distant, sacred spaces were restricted, and ordinary people approached God with fear, so the invitation to “draw near with confidence” would have felt astonishingly new. The high priest was the mediator between God and His people. The assurance of a compassionate High Priest who understands human weakness offered dignity and acceptance.

Theological insight: Jesus is the great High Priest who, as both fully divine and fully human, is able to represent us before God with perfect authority and perfect empathy. His suffering and obedience means He understands our weakness from within, making God’s throne a place of grace and mercy.

Life lesson: You can come to Jesus as you are - you don’t have to hide your weaknesses. You can approach God with honesty and confidence because Jesus understands them from the inside and always responds with mercy.

Quote to ponder : ‘It is the soul’s privilege to have fellowship with Christ, and to rejoice in Him as the sum of all spiritual delight.’ John Owen *The glory of Christ*



Week 4:

Enjoying the Spirit's Presence

Opening question

When have you sensed the Holy Spirit helping, guiding, or comforting you?

Introduction

We experience God as Father and Son but also as Spirit, the personal presence of God who makes the Father and Son real to us in everyday life. The New Testament unveils the Spirit as God's life-giving, empowering presence, who guides, affirms, transforms and sustains his people in the way of Christ. Romans 8 provides us with a deeper insight into how this works. Paul describes the Spirit as indwelling us, reshaping our desires, assuring us that we are God's children, helping us in weakness, and giving us hope. Life in the Spirit is a life of freedom, belonging, and confidence in God, from which joy naturally grows.

Enjoying God through the Spirit's presence involves learning to recognise and respond to His work in the ordinary moments of life. Jesus spoke of the Spirit in relational terms - as a helper and comforter who is with us forever (John 14:16) - and Peter spoke of Him as a gift we receive (Acts 2:38). The Spirit makes us aware of the Father's love, helps us sense Jesus is personal and close, stirs our hearts to respond in love, and nudges us toward actions that reveal God's presence to those around us. Enjoyment grows as we notice the Spirit guiding our thoughts, softening our hearts,

filling us with peace, compassion, or joy, giving us a deeper awareness of God at work within us and drawing us into closer relationship with Him.

This perceptive approach to life is illustrated in the writings of Teresa of Ávila, an 16th century nun and writer. She spoke of the Spirit dwelling at the centre of the soul, inviting believers into deep companionship with God. She taught that prayer is about becoming attentive to the God who is already near, who is present in our ordinary tasks, our weakness, and our longings. Her writing reminds us that enjoying the Spirit's presence begins with awareness and involves learning to rest in the God who lives within us.

 **Read Romans 8:14–17, 26–27**

Discussion

1. What words about the Spirit stand out in this passage?
2. What does it look like to be led by the Spirit in everyday life?
3. How have you experienced the Spirit's help at times when you've felt weak?
4. How does the Spirit's interceding shape your understanding of prayer?
5. In what way might paying attention to the Spirit's nudges help you enjoy your relationship with God more?

Going deeper

1. What does Paul's saying the Spirit helps us cry 'Abba, Father' reveal to us about the kind of relationship we are invited into?

2. In what ways do you sense the Spirit giving you a deeper desire for God?
3. What practices or habits might make you more receptive to the Spirit's presence?

Prayer

Thank God for the gift of the Spirit and His work in your life. Ask the Spirit to deepen your awareness and enjoyment of God's presence.

Practice this week

Set aside a time each day to pause, become still and attend to the Spirit's presence. Breathe slowly and deeply, on the in breath saying the word 'Abba' and on the out breath the word 'Father'. Rest in the calm of this gentle rhythm for several minutes. Simply enjoy being with God as His beloved child. Now quieted, tune in your awareness to anything the Spirit brings into your mind, stay with what He shows you and make your response. Take that sense of joy with you as you re-enter the day.

Background Notes

Context: Paul wrote his letter to the Romans, a church he had not yet visited, during his third missionary journey, as tensions had arisen between Jewish and Gentile Christians. Paul emphasises that they are one family since all who are led by the Spirit are God's children.

Cultural issues: Jews and Gentiles came from different worlds. Jews were shaped by the Torah and the life of the synagogue, Gentiles by Roman ideas and rituals. There were disagreements over social norms, lifestyle, customs, festivals, the place of the law and how faith should be practised.

Theological insight: The Spirit's work of adoption assures us we are God's children and his intercession reveals God's intimate concern for our weakness.

Life lesson: You enjoy the Spirit's presence by allowing Him to lead you as God's child, depending on His help in your weakness and trusting in His praying to the Father on your behalf.

Quote to ponder: 'Prayer is an act of love; words are not needed'. Teresa of Ávila *Collected sayings*



Week 5:

Enjoying God in hard times

Opening question

How do you respond to God when you feel overwhelmed or vulnerable?

Introduction

So far we have discovered that we can enjoy God in everyday life and through our relationship with God as Father, Son and Spirit. But what about when times are hard and life is full of pain and struggle? Paul's words in 2 Corinthians 12:7–10 address this question directly. He discloses that he has a 'thorn' in his flesh - a painful physical ailment which remained despite persistent prayer for it to resolve. Instead, the answer came through God's assurance that His grace was all Paul needed and that His power was strongest when he was weak. It might not have been what he wanted to hear, but he discovered what so many of us also have come to realise - that God meets us most powerfully in the places we would never choose to be in.

Enjoying God in hard times doesn't mean pretending suffering is easy, it means discovering that God is with us in it. Paul learns to 'boast' in weakness not because he enjoys being in pain, but because it was when he had run out of his own strength that he found God was with him giving him His. Enjoyment doesn't have to mean putting on a bright face or grinning and bearing it. It is an awareness of God's nearness, compassion and sustaining grace; an inner joy borne out of finding that God is enough.

The 20th century contemplative monk, Thomas Merton, speaks of this experience. His journals describe periods of grief, inner turmoil and crisis in which he was painfully aware of his inadequacy and feelings of weakness. But he also writes that it was precisely in those times that he discovered God's presence most deeply. He reflects on how the mercy of God meets us in our limitations and teaches us to rely on His love rather than our own strength. Merton's journey mirrors Paul's: weakness becomes the means through which God's grace can be known and enjoyed.

 **Read: 2 Corinthians 12:7-10**

Discussion

1. What surprises you the most in what Paul says in these verses?
2. What does 'My grace is sufficient for you' mean to you in your situation today?
3. What weakness might God be inviting you to embrace rather than avoid?
4. Have you experienced a time when God's peace, comfort or strength became particularly apparent because you were struggling?
5. What helps you stay close to God when you feel tired, discouraged or overwhelmed?

Going deeper

1. Which is easier - to regard a prayer as being 'unanswered' or to accept it has been answered in a way you hadn't envisaged?

2. What might it look like for you to stop resisting weakness and start welcoming it as a means of experiencing God's presence?
3. How might the things we have discovered in previous weeks about our relationship with Father, Son and Spirit help us learn to enjoy God in the hard times?

Prayer

Thank God for His grace and strength when you are struggling. Ask God to increase your awareness of His closeness so that times of suffering can also be times of rejoicing.

Practice this week

Keep a 'joy' journal. Each evening record the times during the day where you sensed strength, comfort or peace that didn't come from you. Run through them in your mind, recall the encouragement they gave you, and acknowledge the gratitude you now have for them. Say to yourself 'God was with me today'. Stay for a few minutes resting in the moment, thanking God, imagining Him smile at you as you smile at Him.

Background Notes

Context: Paul is defending his ministry against critics questioning his authority on the basis of his apparent weakness.

Cultural issues: The Greco-Roman culture of Corinth valued status, eloquence and power; honour, reputation and visible success were of great importance. Paul's critics regarded his

suffering and vulnerability as unimpressive and shameful in line with this way of thinking.

Theological insight: God chooses to reveal His power by working through our weakness, not always by removing it. Times when we feel fragile and need to depend on His grace become times when we can feel His strength the most.

Life lesson: Our limitations are not the obstacles that they first appear to be but are, instead, the gateway to our experiencing God in a deeper way.

Quote to ponder: 'My strength is made perfect in infirmity, says the Lord, and this is the great secret of the spiritual life.' Thomas Merton, *New Seeds of Contemplation*

Enjoying **GOD** Week 6: Practising Enjoyment

Opening question

Over the last 5 weeks, which part of enjoying God has felt the most natural?

Introduction

This final week explores simple habits that help us continue to practise enjoying God. It gives us the chance to think about how we can continue to be attentive to some of the aspects of God we have become more aware of in the last 5 weeks - His presence, love, welcome, closeness, delight, compassion, sustaining and guiding. John 15:1–11 helps us envisage that - Jesus' image of the vine and branches giving us a picture of what it looks like to stay close, receive life and become fruitful. He calls it abiding in Christ.

Enjoying God sits right at the heart of this passage. Jesus describes abiding as remaining in His love so that His joy becomes ours. It's an invitation to stay connected to Him like a branch so we receive life and discover joy. When we practise abiding, we're practising enjoyment: noticing God's presence, welcoming His voice, trusting His care, and letting His joy flow into us.

This kind of practice resonates deeply with the contemplative tradition. Evelyn Underhill was an early 20th century writer and retreat leader who regarded contemplation as a way of being fully alive to God. She describes the spiritual life as 'a life of

communion', where the soul learns to rest in God and we allow God's life to shape ours from the inside out. She talks about joy as being the hallmark of genuine communion with God - a deep gladness that comes from knowing we are held, nourished, and loved. Her perspective helps us see abiding both as a way of being and a way of enjoying God.

 **Read: John 15:1–11**

Discussion

1. Which part of this passage about the vine and the branches strikes you the most?
2. What might “abiding” in Jesus’ love look like in everyday life?
3. What helps you reconnect with God when you feel downcast or spiritually dry?
4. In what ways has focussing on enjoying God for the last 5 weeks made a difference in your life?
5. Which of the practices for the week have you found the most helpful and why?

Going deeper

1. What could you let go of so you make more room for cultivating joy in your life?
2. What fruit have you noticed growing as God’s grace has been at work in you over the last 5 weeks?
3. How might slowing down and becoming more attentive to God reshape the way you handle life and relate to others?

Prayer

Thank God for joy that abiding in Jesus' love brings.

Ask God to hold you in His love and help you stay close, become more attentive and learn to rest in Him so that abiding and enjoying Him becomes your default way of life.

Practice this week

Take one ordinary moment each day - boiling the kettle, standing in a queue, washing up etc. - and pause long enough to notice God's presence and quietly enjoy being with Him.



Background notes

Context: Jesus speaks these words on the night before His death as He prepares them for life without His physical presence. He uses the vine imagery to reassure them of an even deeper, ongoing union with Him and help them understand how their future life and fruitfulness will depend on staying connected to Him.

Cultural issues: The vine was one of the most familiar symbols in Jewish life, appearing on coins, temple decorations, and in Israel's Scriptures as a picture of God's people - called to bear fruit, yet often failing to do so. Jesus redefines it around Himself - life, identity, and fruitfulness come from belonging to Him rather than from their Jewish heritage or religious ritual.

Theological insight: Spiritual life is born out of God's initiative, so our growth and joy are ultimately the work of His life flowing through us.

Life lesson: We stay close to Jesus by keeping connected to Him and resting in Him so His life and joy flow into us and fill us.

A quote to ponder: ‘This is the secret of joy. We shall no longer strive for our own way; but commit ourselves, easily and simply, to God’s way, acquiesce in His will, and in so doing find our peace.’ Evelyn Underhill *quoted in Lent with Evelyn Underhill*.



Practices to help you continue to enjoy God

Here are some simple sustainable practices which can develop into habits which help you notice, draw close to and enjoy God.



Practising attention

These help you notice God's presence woven into ordinary life.

- **Short pauses** Stop at various times during the day to breathe slowly and say: 'I abide in You'.
- **Cultivating gratitude** Before bedtime, name three things that brought you joy during the day.
- **Meditating on scripture** Choose a verse which assures you of God's love and repeat it to yourself throughout the day.
- **Regenerating awareness** Before getting up, remind yourself that God's merciful love is renewed every morning.



Practising receiving

These help keep you open to God's work in your life.

- **Hands-open prayer** Sit with open hands, wordlessly receiving God's love and joy.
- **A slow walk** Walk at half-speed for a few minutes, noticing beauty, texture, and breath as gifts.
- **A daily releasing** Name one thing you're carrying and consciously hand it to God.
- **A Sabbath moment** Take a pause to stop 'doing', rest in God's presence and sense his delight in you.



Practising connection

These help you stay rooted in Christ's love.

- **A breath prayer** Take 2-3 minutes to breathe slowly, saying the words: 'I am with You' as you inhale and 'You are with me' as you exhale.

- **An examen** In the evening ask yourself: ‘Where did I feel close to God today? Where did I feel distant?’ Use the insight to help you incorporate more moments of nearness into your day.
- **A joy journal** Note one moment each day where you sensed God’s kindness or delight.
- **A check-in** Find a time to ask God, ‘How are we doing?’ and listen for His response.



Practising contemplation

These help you rest in God’s presence.

- **Two minutes’ silence** Sit quietly simply to be with God.
- **A candle** Allow its light to remind you of God’s constant presence.
- **A Bible verse** Repeat the words of a verse that helps you rest in God’s love.
- **Re-centre yourself** When you feel adrift or distracted, pause to direct your gaze back onto God’s love for you.



Practising joy

These help you receive joy as a gift.

- **Intentionally enjoy** Do something that brings you joy slowly and mindfully.
- **Share delight** Tell someone one good thing from your day to bring them joy.
- **Embrace your limitations** Thank God for the way they keep you dependent on Him.
- **Celebrate fruit** Notice signs of patience, kindness, or peace and thank God for them.