

## **Paying Attention to Jesus**

by John Ortberg

Review these truths once a day for two weeks as you cultivate the practice of God's presence:

- God is always present and active in my life, whether or not I see him.
- Coming to recognize and experience God's presence is *learned* behavior; I can cultivate it.
- My task is to meet God in this moment.
- I am always tempted to live "outside" this moment. When I do that, I lose my sense of God's presence.
- Sometimes God seems far away for reasons I do not understand. Those moments, too, are opportunities to learn.
- Whenever I fail, I can always start again right away. No one knows the full extent to which a human being can experience God's presence.
- My desire for God ebbs and flows, but his desire for me is constant.
- Every thought carries a "spiritual charge" that moves me a little closer to or a little farther from God.
- Every aspect of my life—work, relationships, hobbies, errands—is of immense and genuine interest to God.
- My path to experiencing God's presence will not look quite like anyone else's.
- Straining and trying too hard do not help.

Taken from p. 26 of *God Is Closer Than You Think*, by John Ortberg (Zondervan, © 2005).