



## **SPIRITUAL DISCIPLINE: PRACTICING THE PRESENCE**

*Facilitator's Note: You can choose to watch the video titled "The Sweet Spot Disciplines: Guided Meditation" to guide you through the meditation or there is a PowerPoint presentation for this guided meditation you can lead your group through.*

### **Prayer Practice: "Be still and know that I am God." Psalm 46.10**

- 1. Be Still – Intention**
- 2. And Know That – Awareness**
- 3. I am God – Connection**

### **Guided Meditation**

Be (pause)  
Be still (pause)  
Be still and (pause)  
Be still and know (pause)  
Be still and know that (pause)  
Be still and know that I (pause)  
Be still and know that I am (pause)  
Be still and know that I am God (pause)

*Facilitator's Note: After the guided meditation, draw participants' attention to the notes that have been added to the bottom of their study guide.*

This prayer practice may be used at any time throughout your day in order to step away from what is going on, be it adversity, stress, or angst. Breathe deeply, calm yourself, and be present to God with holy intention, awareness, and connection.

You can extend your time of prayer by repeating the prayer, or reverse the order, starting with the full verse. Remove one word at a time until you end with the word "Be."

Then sit silently, listen, pay attention.

What may God be drawing your attention to? What invitation might God be calling you to respond to or not respond to? Close with a prayer of thanksgiving and then follow through faithfully.



*Facilitator's Note: Ask the group to share in the process one more time before you continue with your group work. This time, add the time of silence and reflection upon the questions. After a brief time of silence, ask participants to remain in an attitude of prayer, and to share in a few words (without explanation) what word, invitation, conviction, need, has been placed upon their hearts while in prayer. Close with a prayer of thanksgiving. You may ask the group to continue to be in prayer for those in the group, and the invitation they shared, throughout the week or until the next time you gather*