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a Simple
Way to
Practice
the
Presence
of Jesus



Abundant Joy Press

Congratulations on wanting a way to encounter Jesus personally. I often use activations like this in my coaching, heart-healing sessions, and online communities.

CAVEAT

This encounter activation is for those of you who are born again into the Kingdom of Heaven. At that moment, the Holy Spirit took up residence in your spirit. Therefore, the only way to encounter Jesus is through the Spirit of the Living God. Any other way is counterfeit.



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Brief Explanation

The only way to increase intimacy with Jesus is to encounter His love.

If you've been a believer and follower of Jesus for a while, you've learned a lot through the written Word of God, Bible studies, sermons, etc.

But you should have been taught or shown how to engage with Jesus through your emotions. Instead, someone may have told you that it is wrong.

Your emotions are part of God's design and reside in the right hemisphere of your brain. Encounters with Jesus awaken your imagination to receive His love through your emotions.

As my pastor often says, we owe the world an encounter with Jesus. So, here is a way for you to practice.

This activation might be a new way to connect with Jesus for some of you. So give yourself permission to practice and experiment. Our imagination belongs to HIM.

Try to keep this easy, rather than a business meeting or a place to ask every "why" question you have.



The Encounter

Think of a pain-free memory, one you might even rate as 5-star, a time you felt safe, peaceful, or joyful.

Now you can begin to relive it. Ask Jesus to renew and revive this memory. He will make it a new experience because there is no time or distance with Him.

Allow your imagination to refresh and bring this memory to life.

Try to sense the colors, sounds, and how you feel.

Where are you?

What are you doing?

Who's with you?

Will you sit with this memory for a moment?

I hope you enjoy what you sense. Some people can “see” in their mind's eye, while others sense. However you are experiencing it, keep going.



Encounter Jesus

Tell Jesus what you appreciate in this memory. These out-loud declarations begin to build a connection with Him.

Declare your gratefulness. “Enter His gates with thanksgiving and into His courts with praise.” Psalm 100:4 NIKV

Will you ask Him to help you perceive His presence in this memory?

Allow yourself to feel, sense, or see Him.
Now ask Him this simple question: Jesus, what do You want me to know about this?

Will you stop and write it down?

Return to Jesus. Press into the experience. Notice or sense His expression — is He happy, angry, stern, nonchalant?

Remember, this is a time to encounter Him rather than ask every question you have. Just practice being in His presence.

How does it feel to be with Him?

Would you be willing to tell Him?



Expression

Let your expression of worship and love pour out to Him.

Write down your experience, and include the emotions you felt as you did.

Try expressing your experience by coloring, journaling, writing poetry, or singing a spontaneous song. This experience is yours, and you can visit again whenever you want.

The next time you drive your car or wash the dishes, ask Jesus to help you perceive His presence. Doing so will train your senses to help you practice His presence.

Want More?

My interactive workbook called ***Joy in Living Color*** has more than 30 reflections and creative activations to help you grow in increasing intimacy with Jesus. Available for purchase on Amazon.

Abundant Joy Mentoring Community is a once-a-week group created to experience more remarkable intimacy with Jesus to lead your life with abundant joy!

Please join my free Facebook community, ***Living in Abundant Joy***, to connect with others and learn more.

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