



### Joy In God's Presence

For the next seven days dedicate five minutes a day to be in the presence of God. The goal is to just be with God. Use the guide below to help you structure your time.

- Pick a place: Choose a "sacred space" — a specific chair, on the porch, or even the parked car. The space should be quiet, comfortable and as distraction-free as possible. The physical location helps signal to the brain that it is time to shift gears.
- Set a Timer: Using a timer prevents "clock-watching" and allows for full immersion in the moment.
- Start with Breath: Taking three deep breaths to begin the five minutes helps regulate the nervous system and creates a physical transition into a spiritual state.
- Reject Perfection: Some days will feel "distracted." That doesn't mean the time was wasted; the act of showing up is itself an expression of faith. When your mind wanders, refocus it.
- Silence or turn off your devices

#### DAY 1:

Read Psalm 16:11 three to five times slowly.

“You will make known to me the path of life; In Your presence is fullness of joy; In Your right hand there are pleasures forever.”

Think about:

- What does this verse reveal about God?
- What are distractions in my life that are preventing me from experiencing the presence of God more fully?

Spend the rest of your time in silence thinking about how God has brought joy to your life.

#### DAY 2:

Read Romans 15:13 three to five times slowly.

Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.

Reflect on how the God of hope fills you with all joy and peace as you put your faith in Him. Ask God to fill you with all joy and peace. This shifts the focus from "manufacturing" joy to "receiving" it as a spiritual reality.

#### DAY 3:

Read Nehemiah 8:9-10 three to five times slowly

9 Then Nehemiah, who was the governor, and Ezra the priest and scribe, and the Levites who taught the people said to all the people, “This day is holy to the LORD your God; do not mourn or weep.” For all the people were weeping when they heard the words of the law. 10 Then he said to them, “Go, eat of the fat, drink of the sweet, and send portions to him who has nothing prepared; for this day is holy to our Lord. Do not be grieved, for the joy of the LORD is your strength.”

Think about:

In Nehemiah 8:9-10 the people were weeping because they realized how far they had fallen from God's standards. Nehemiah stops their grieving and commands them to celebrate. He argues that their ability to rebuild and endure isn't found in their own willpower or their sorrow, but in God's joy.

- What circumstances or situations threaten my joy?
- What burdens, past sins and regrets do you need to surrender to God so you can walk in His joy?
- Reflect on “Do not be grieved, for the joy of the LORD is your strength.”

#### **Day 4:**

Read Psalm 95:1-2 three to five times slowly

- 1 O come, let us sing for joy to the LORD,  
Let us shout joyfully to the rock of our salvation.
- 2 Let us come before His presence with thanksgiving,  
Let us shout joyfully to Him with psalms.

Spend the rest of your time thanking God for specific things, not the generic “blessings” but specifics like life, food, grace, friends, etc. Joy grows where gratitude lives.

#### **Day 5:**

Read Psalm 92:4-5 three to five times slowly

4 For You, O LORD, have made me glad by what You have done, I will sing for joy at the works of Your hands. 5 How great are Your works, O LORD! Your thoughts are very deep.

Spend the rest of your time in worship to God singing for joy. You can play a worship song and sing along with it or just sing one by yourself to the LORD. Don't just pick a song about God. Sing a song whose lyrics are focused to God. If you are having trouble thinking of a song, consider *Thank You Lord; How Great Thou Art; Total Praise; The Goodness of God*

#### **Day 6:**

Read Hebrews 10:32-35 three to five times slowly

32 But remember the former days, when, after being enlightened, you endured a great conflict of sufferings, 33 partly by being made a public spectacle through reproaches and tribulations, and partly by becoming sharers with those who were so treated. 34 For you showed sympathy to the prisoners and accepted joyfully the seizure of your property, knowing that you have for yourselves a better possession and a lasting one. 35 Therefore, do not throw away your confidence, which has a great reward.

Think about:

- Have cynicism, skepticism, or bitterness replace joy in my heart?
- How has my confidence in God changed over the last two years?
- Think about the great reward that awaits you if you endure. Experience the presence of God in the moment as a source of joy.

#### **Day 7**

Read Ps 70:4 three to five times slowly

Let all who seek You rejoice and be glad in You; And let those who love Your salvation say continually, “Let God be magnified.”

Spend the rest of your time in silence talking to and listening to God. Reflect on God as the source of joy.