**The Establish Book Session 3 Notes**

**Rewind:** Let’s review what we have covered in the past two Establish sessions.

**Session 1:** The first session we explored was about making Jesus Lord.

**Lordship 1:** We learnt that lordship is all about Jesus being the boss of my whole life – all my decisions.

**Lordship 2:** We also learnt that lordship is putting Jesus at the centre of our lives instead of anything else.

**Jesus Centre:** Lordship is putting Jesus at the centre of our lives instead of anything else.

**Session 2:** The second session was about having daily devotions!

**How?** How do we have daily devotions: we looked at the five step plan and the use of SOAP.

**Session 3:** Today we are going to explore the discipline of practising God’s presence.

**Discuss:** When last did you have an overwhelming sense that God was with you?

**Psalm 23:** The Psalmist goes out of his way to convince us that there is nowhere in the universe that God is not present. All the special dimensions are covered: up/down; east west; light/dark.

**All of God:** The Bible says that all of God is everywhere present all of the time!

**I Will Be With You:** Over 52 times in the Bible, God promised to be with people. When anyone stepped up to do something special for God – they would be reminded that God was with them.

**Christ at Door:** The apostle Paul wrote that as believers our body becomes a temple in which God lives by his Spirit.

**We Are the Temple:** Paul also wrote that are we gather together with other believers, we become a temple in which God lives.

**Footprints:** The well known poem, Footprints, is a vivid reminder that God never leaves us – even through the difficult times that we face in life.

**Video:** Watch this dramatic video to understand the passion in the poem.

**Why Don’t We Feel:** What stops us from experiencing the presence of God?

**1. God is Invisible:** Because God is invisible we are not confronted by his presence like we are when we meet and mix with friends and family. James Denney wrote: *Sometimes I envy the Catholic priests. They carry a crucifix around all the time. I need a reminder of the cross of Christ because I forget so easily what Jesus did for me through his death for us.*

**2. We Get Too Busy:** When we get too busy we effectively crowd God out of our lives.

**3. We live by our senses:** We are made to experience the world through our five senses – God is not always high on the list when it comes to using our eyes, ears and mouth to experience the world.

**When Do You Feel? When do you experience the presence of God?**

**1. At ignite youth on Sunday morning?**

**2. Saying grace at meal times?**

**3. During your daily devotions?**

**4. When you go through tough times?**

**Number of Minutes:** Let’s calculate how many minutes you are aware of God’s presence in an average week.

**What about all the other minutes?** Can we do anything about them? Can we find a way to bring God into more of our lives?

**You can learn how to practise God’s presence?**

**Guitarist:** To become a great guitar player you will need to put in many many hours of practice. There is not quick way to learn the guitar.

**Video:** After a great deal of practise, this is what a guitar player can do.

**How Can You Practise?** What can you do in your day to practise God’s presence? It is all about finding ways to connect with God outside of your daily devotions, outside of church services or times of trouble. We call them touch points – ways in which we make contact with God.

**Touch Points in Your Day:** Here are some touch points you could have in your day with God… A Bible verse on your mirror; “God is with me” cell phone welcome message; An alarm that sounds on the hour, etc.

**Clip:** I found this clip on YouTube this week. Valencia put together this video of a day in her life.

**A Day in the Life of You:** There are at least 5 different parts to your average day. We are going to divide into five groups and you get to come up with some fresh and creative touch points that you can create for that part of the day.

**Group 1:** Getting ready for school

**Group 2:** Travelling to/from school

**Group 3:** During school

**Group 4:** In the afternoon

**Group 5:** At night

**Report Back:** Each group gets to share back.

**God’s Presence Changes us:** There are many benefits of God’s presence in our lives – here are 3:

**When we interact with God we grow closer to Him (Psalm 63:6-8)**

**1. Friendship:** When we interact with God we grow closer to Him (Psalm 63:6-8)

**2. Protection:** Do not fear, for I am with you, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. (Isaiah 41:10)

**3.** **Transformation:** And when God is personally present…our lives gradually become brighter and more beautiful as God enters our lives and we become like him. (2 Cor 3:17-18)

**Homework:** Do Practise 3 in the Establish book