



## Reflective Worksheet

# A Short Course in Seeing God in Your Day-to-Day Life

This reflective worksheet is designed to guide you through a simple approach to seeing and responding to God in your day-to-day life.

The first part of this worksheet includes explanatory instructions. The second contains the worksheet alone. You may find that using the worksheet for a few days or weeks is helpful as you develop your own approach.

*Note: This worksheet assumes that you know God in Scripture well enough to recognize Him as you pray.*

### Prepare to pray

Before you begin, take a few moments to settle down; breathe deeply, welcome the Holy Spirit, and invite God to guide you. Trust God to meet with you and to reveal himself to you.

### Choose an object

Ask God to draw your attention to a specific event, encounter, or experience from the day passed. When you ask, you might immediately think of some apparently small and barely significant experience. Or, you might think of something you experienced very strongly.

Trust whatever the Spirit brings to mind first. Remember, this is an act of prayer with the purpose of seeing Jesus and what he has for you. It's not a self-directed, self-examination designed to improve some aspect of yourself.

1. Write a few words to describe the event, encounter, or experience that came to mind when you prayed.

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### God's presence

Ask the Spirit to remind you of how God is present in the situation to which he's drawn your attention. For example, if God has drawn your attention toward an aspect of the natural world, you might remember that he is the creator of the world and all that's in it. If God has drawn your

attention toward an interpersonal experience, you might recall that God is present in both you and the others involved.

Recalling God's presence anchors our hearts on God.

2. Record what comes to mind.

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## God's character

Ask the Spirit to show you the character or attributes of God revealed in the event, encounter, or experience toward which he's drawn your attention. For example, you may notice God revealing himself as a defender, a guide, as beyond your control, as compassionate, or wise.

3. Write down two or three words or phrases that describe what you've noticed.

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## God's purposes

Now, ask God to illumine for you his general, scripture articulated purposes, his desires or will as revealed in the situation. For example, you may notice God's desire for each of us to grow closer to him, or his desire for every person to know him. You might notice his desire for us to follow him or simply to enjoy his beauty. Allow the Spirit to guide you as you pray.

4. Record what comes to mind.

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## God's guidance for me personally

Now that you've anchored to heart in God's presence in your lived experience and recognized his character and scripture articulated purposes, ask him what he wants you to know, personally. You may notice an invitation. You may sense, for example, the Spirit leading you

toward a specific decision, action, or attitude. You may experience an invitation to a specific repentance or correction. Or, you may sense a personal encouragement, or affirmation.

5. Take a few minutes to write down what you sense the Lord showing you.

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## Your response to God

Considering and articulating our response to God helps us integrate our experience of him into our lives.

6. Respond to God in your own words, sharing your thoughts, emotions, and desires with him.

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## Close your prayer time

7. Finally, close your prayer time. Do this in any way that is most appropriate for you. You may choose a few words of thanksgiving, consecration, or simply adoration.

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# Worksheet: A Short Course in Seeing God in Your Story

## Prepare to pray

Before you begin, take a few moments to settle down; breathe deeply, welcome the Holy Spirit, and invite God to guide you. Trust God to meet with you and to reveal himself to you.

## Choose an object

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## God's presence

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## God's character

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## God's purposes

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## God's guidance for me personally

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## Your response to God

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## Close your prayer time

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# A note from Santé Ministries

## Santé Ministries ~ ministry from intimacy with Christ

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## Scripture References

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