

Jesus in All Your Moments

Read pages 207-208 in *Life Without Lack*

In addition to our regular scheduled meetings with Jesus, we also want to practice turning our minds to God throughout the day. During the day, in each new situation, you will ask Jesus to join you. If you keep watch, you will see God accomplishing his purposes in your life with you. As you notice, thank him for his loving provision and involvement.

Here is what Frank Laubach said about his experiments with turning his mind constantly to God:

“I feel simply carried along each hour, doing my part in a plan which is far beyond myself. This sense of cooperation with God in little things is what so astonishes me, for I have never felt this way before.”

“My part is to live this hour in continuous inner conversation with God and in perfect responsiveness to His will, to make this hour gloriously rich. This seems to be all I need to think about.”

(From page 8 of *Letters by a Modern Mystic* by Frank Laubach. Copyright © 2007. Used by permission of Purposeful Design Publications.)

All of our normal activities can become opportunities to connect with the Lord.

Consider your morning routine, perhaps you are in the habit of reading the news with your coffee when you get up. You could invite Jesus to read the news along with you.

- As you read, make your comments to him about what you are thinking
- Keep bringing your mind back to him
- Thank him for being control
- Ask him to intercede in things that matter to you
- Express gratitude that he will be with you throughout the day
- Thank him for the people in your life

Think prayerfully through your schedule. How might you transform some of your regular activities. Use your imagination!

Time to practice: transforming normal opportunities!

- Choose something to read. It could be news, email, Facebook, texts, even fashion or cooking advice.
- Before you read, quiet your mind, slow your breathing and rest in his peace.
- Invite God into your thoughts and follow the instructions on the previous page. Enjoy!
- When finished, journal your reflections.

As you engage with others, ask Jesus to bless them.

You can consciously will the peace, joy, and confidence that you are experiencing to pass from you, like “living waters” to those with whom you are interacting. They are flowing from Jesus into you, and you can will them to enter others. (Taken from **Life Without Lack** by Dallas Willard, page 207. Copyright © 2018 by Willard Family Trust. Used by permission of **Thomas Nelson**. www.thomasnelson.com.)

There are times when you will bless others by speaking words that are a blessing to them. Sometimes you won't say a thing, you will just pray a blessing from your heart to theirs. Be on the lookout for opportunities and then watch how God works.

- Envision your life with the people around you as you ask Jesus to bless them, willing his peace, joy, and confidence into them.

Don't stop with people, bless everything that enters your day.

You can bless every thing and every activity, and even every interruption in your day (perhaps especially those!). Bless the foods you make. Bless each task you undertake.

- As you think through a normal day, consider all the things that you could bless with Jesus. List them out. Go crazy!

You can train yourself to use every change of events or the people around you to remind you to pray and to bless.

Changing activities can be a cue to remind you to invite God into your work, projects and relationships. Use the change to help you remember to bring God into what you are doing. This is a great way to live out the Bible teaching to pray without ceasing. You and those around you will find that your life becomes so much better!

- Now *visualize* yourself changing activities, remembering to use it as a trigger to pray and bless. Literally picture yourself going through the experience of remembering and blessing throughout the day when you change tasks. As you walk through this day mentally, go ahead and bless each person or event as you pray now too.

It is a delightful privilege. If you forget to play it [the “game” of keeping our minds with Christ] for minutes or hours or days, do not groan or repent, but begin anew with a smile. It is a thrilling joy – don’t turn it into a sour-faced penance. With God, every minute can be a fresh beginning. Ahead of you lie limitless anticipations. (From page 115 of Letters by a Modern Mystic by Frank Laubach. 2007. Used by permission of Purposeful Design Publications.)

If you become weary, take a nap!

If you find yourself tired during the day, allow yourself the opportunity to take a nap. When we do not get enough sleep, it can be difficult to allow God to work fully in us. We can end up limiting him with our crankiness, irritation, and lack of focus. To let Christ into us and out of us toward others, getting good sleep, including naps when needed (if possible), is a great advantage. Adequate sleep can help us be more in tune with God and can open us up to be more transformed by him.

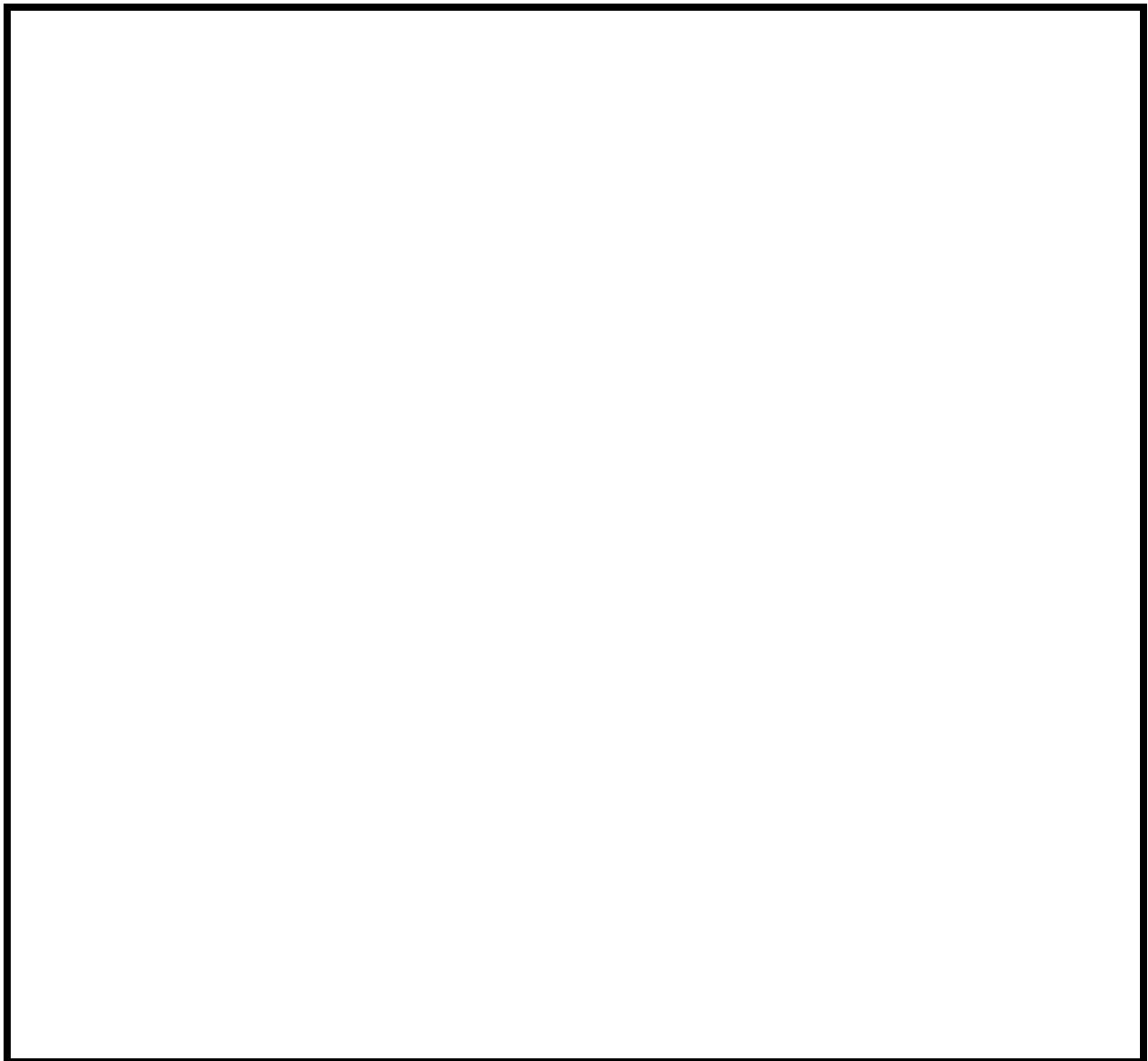
- Analyze your normal day. Can you think of ways in which you could get a nap into your activities when you become weary?

The actual act of going to sleep can even be a spiritual practice. There are ways to go to sleep that can transform our minds and bring us closer to Jesus. Check out the practices found in *Resting and Sleeping with God*.

Making a Plan for Turning Your Mind Constantly to God

Looking back over your notes from the previous pages, list below the ways in which you would like to focus your energy as you turn your mind back to God throughout your day with him. Remember that this is just a starting point, you don't have to do everything in one day. In addition to the thoughts you just explored, consider ideas from Frank Laubach on the following page for more suggestions.

Effort 2: Your Plan

A large, empty rectangular box with a black border, intended for the user to write their plan for turning their mind to God throughout the day.

Ideas from *Letters by a Modern Mystic*

(From page 98-116 of *Letters by a Modern Mystic* by Frank Laubach. 2007. Used by permission of Purposeful Design Publications.)

- Place an empty chair near you to represent his presence with you.
- Hum a hymn like "Have Thine Own Way" or a worship song.
- Silently pray for each person you are with.
- Keep whispering inside: "Lord, put your thoughts in my mind. Tell me what to say."
- Tell your companions about your efforts. You cannot keep God unless you give him to others.
- At mealtime: Bring an empty chair for your invisible guest.
- The Quakers believe that Jesus told us: "Eat this in remembrance of me" about every meal. They think he meant not only the consecrated bread, but all food, so that every mouthful is his "body broken for you."
- When reading a newspaper, magazine, or book, consider reading it to him! Glance at his picture or the empty chair where you visualize him and continue a running conversation with him inwardly about the pages you are reading.
- Read scientific books or articles as letters from God telling how he runs his universe.
- Enjoy the sweet experience of opening a letter (or email or text) and read it with Jesus, realizing that he smiles with us at the fun, rejoices with us in the successes, and weeps with us at life's tragedies.
- Thinking. All thought employs silent words and is really conversation with your inner self. Instead of talking to yourself, you will now form the habit of talking to Christ. We are helped if we imagine him sitting in a chair beside us, talking with us. We say with our tongue what we think Christ might say in reply to our questions.
- Walking outdoors - remember that beauty is the voice of God.
- While walking. If you cannot be heard, speak to your companion; ask him what is most on his heart and then answer back aloud what you believe God would reply to you.

- Last thought. We make sure there is a picture of Christ or a symbol of him, where it will greet our closing eyes as we fall asleep. We continue to whisper any words of endearment our hearts suggest. If all day long we have been walking with him, we shall find him the dear companion of our dreams.
- Upon waking. As we open our eyes and see a picture or symbol of Christ, we may ask: "Now Master, shall we get up?"
- Some of us whisper to him our every thought about washing and dressing in the morning, about brushing our teeth and choosing our clothes. Christ is interested in every trifle, because he loves us more intimately than a mother loves her babe, or a lover his sweetheart, and is happy only when we share every question with him.
- At work. We can do better work if we talk quietly to God about each task.
- We can compose a letter or write a book better when we say, "God, think Thy thoughts in my mind. What dost Thou desire written? Here is my hand; use it. Pour Thy wisdom through my hand." Our thoughts flow faster, and what we write is better. God loves to be a coauthor!
- A merchant can wait on his customers and pray for them at the same time.
- A bookkeeper or banker can whisper to God about every column of figures and be certain that God is even more interested in the figures than they are.
- During games or races - talk to him. If a thing brings health and joy and friendship and a fresh mind, God is keenly interested, because he is interested in us. Whisper, "God, get Thy will done exactly. Help us all to do our best. Give us what is far more important than defeating our opponents - make us clean sportsmen and make us good friends."
- Marriages - Pray inwardly each for the other when you are together looking into one another's eyes.
- If we have spent our days with him, we find that when earthquakes, fires, famines or other catastrophes come to us, we are not terrified any more than Paul was in time of shipwreck. "Perfect love casteth out fear."
- This practice is good for people suffering from illness at home or in hospitals who have many idle hours when their minds reach up toward God. It produces a perfect mental state for rapid recovery.

- Feel yourself encompassed by God.
- Seek to relieve suffering of any kind in a prayerful spirit.
- Share suffering or sorrow with another.

Other ideas

- Consider lighting a candle as you work or eat to remind you of his presence.
- Perhaps you would enjoy twinkly lights in a space in your home or office to create a spirit of celebration and worship.
- Try wearing unusual jewelry like rings or bracelets that will bring your mind back to him when they catch your eye.
- Feeling really wild? Paint just one nail to bring your mind back to Him. (I call it a “God nail.”) If your situation or preference doesn’t allow for that, paint them all and let them to bring you back to him.

When our minds lose the edge of their zest, let us shift to another form of fellowship as we turn the dial of a radio. Every tree, every cloud, every bird, every orchestra, every child, every city, every soap bubble is alive with God to those who know His language.
(From page 114 of Letters by a Modern Mystic by Frank Laubach. 2007. Used by permission of Purposeful Design Publications.)

Pick a date:

Pick a day that you would like to spend your day with Jesus at your side in each moment. If you are also in the planning process for Meeting with Jesus throughout the day, that would be a great time to do this. After your first day, you can decide if you want to keep going with this effort. You will find that (like most things that are worthwhile) this takes effort. It is a habit that can be strengthened over time. And what habit could be better?

**On a personal note, I have found that Prayer of Recollection and the follow up steps described in that practice have been powerful in helping me stay with Jesus in my moments.*

As you pick your date, remember, this can be flexible if plans need to change. However, if you do need to reschedule, be sure to pick a new day immediately, just as you would if you were rescheduling a meeting.

Date: