SOFTWARE & TECH

The Practise Of The Presence Of God

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Finding Peace in a Chaotic World: An Introduction to The Practise Of The Presence Of God

In our modern era, defined by constant notifications, relentless schedules, and an overwhelming flood of information, the quest for inner stillness has never been more urgent. We chase productivity, scroll through social media for connection, and fill every silent moment with noise. Yet, a profound sense of emptiness often remains. It is within this context of spiritual hunger that an ancient, yet strikingly relevant, discipline offers a transformative solution: **The Practise Of The Presence Of God**.

This concept, most famously articulated by a 17th-century French monk named Brother Lawrence, is not a complex theological doctrine reserved for ascetics in monasteries. Instead, it is a simple, accessible, and deeply practical way of living that invites us to maintain a continuous, loving conversation with God throughout every moment of the day. It is the art of living in constant communion with the Divine, transforming mundane tasks into sacred acts and worldly distractions into opportunities for worship.

The purpose of this article is to demystify **The Practise Of The Presence Of God**, explore its profound biblical roots, and offer practical, actionable steps to weave this transformative habit into the fabric of your daily life. Whether you are washing dishes, attending a meeting, or driving in traffic, this ancient path promises a life of unshakeable peace, deep purpose, and intimate connection with the Creator of the universe.

Who Was Brother Lawrence and Why Does His Message Endure?

To understand the power of **The Practise Of The Presence Of God**, we must first meet the man who made it famous. Born Nicolas Herman in 1614 in Lorraine, France, Brother Lawrence was a man of humble origins. After a brief and unremarkable stint as a soldier, where he was gravely wounded, he experienced a profound spiritual conversion. Feeling a deep calling, he entered the Discalced Carmelite monastery in Paris, not as a scholar or a priest, but as a lay brother, assigned to the lowliest of tasks: working in the monastery kitchen.

It was in this humble, greasy, and noisy environment—far removed from the quiet of a chapel—that Brother Lawrence discovered his great secret. He found that he could experience the presence of God as vividly while scrubbing pots and peeling vegetables as he could during formal prayers. His simple approach, a continuous, loving gaze of the soul toward God, was so revolutionary and transformative that people from all walks of life, including theologians and nobility, sought his counsel.

His wisdom was later compiled into a collection of letters and conversations, published as a small book titled *The Practice of the Presence of God*. Its enduring appeal lies in its radical simplicity. Brother Lawrence didn't propose a complicated system of spiritual exercises. Instead, he offered an invitation. His message resonates across centuries because it addresses a universal human longing: to feel permanently and lovingly connected to a higher power. His life is the ultimate proof that holiness is not about what you do, but about **who you do it**

with

Deconstructing the Core Principles of The Practise Of The Presence Of God

The message of Brother Lawrence can be broken down into a few powerful, interlocking principles. Understanding these is key to living them out.

1. Beyond Formal Prayer: A Continuous Conversation

The most common misconception is that **The Practise Of The Presence Of God** is merely a prayer technique. In reality, it transcends set-aside time for devotion. Brother Lawrence described it as a "secret conversation of the soul with God." This involves short, frequent, and loving glances toward God throughout the day. You don't need eloquent words. A simple "I love you," "Help me," or "I am here with you" can suffice. It turns your entire day into an unbroken dialogue, where every event becomes a subject of conversation with the Divine.

2. The Sanctification of Ordinary Work

This is perhaps the most liberating principle of **The Practise Of The Presence Of God**. The idea that only "spiritual" activities like reading the Bible or singing hymns are pleasing to God is a dangerous lie. Brother Lawrence taught that the most menial task, done for the love of God, is more valuable than grand religious acts done for show. He famously said, "The time of business does not with me differ from the time of prayer; and in the noise and clatter of my kitchen, while several persons are at the same time calling for different things, I possess God in as great tranquillity as if I were upon my knees at the Blessed Sacrament."

This principle transforms your workday. Folding laundry becomes an act of worship. Writing a report becomes an offering. Cleaning the house becomes a sacred ritual. Every honest task, performed with awareness of God's presence, is elevated to a divine service.

3. Simplicity and Faith Over Techniques

Brother Lawrence was a champion of spiritual simplicity. He rejected complex meditations, elaborate mental imagery, or strenuous intellectual effort. For him, **The Practise Of The Presence Of God** was a matter of the heart, not the head. He approached God as a child approaches a loving parent—with pure simplicity and unwavering faith. He believed that we honor God more by trusting in His presence than by trying to feel it through emotional highs. This removes the pressure to be "perfect" in your practice. You don't need to empty your mind; you simply need to redirect your heart.

Practical Steps: How to Practice The Presence of God in Daily Life

Knowing the principles is one thing; living them is another. Here are practical, actionable steps to begin incorporating **The Practise Of The Presence Of God** into your daily routine.

Rekindle in the Morning

Don't let your first conscious thought be about your to-do list. Before you even get out of bed, turn your heart toward God. A simple prayer like, "Lord, I give you this entire day. I desire to do nothing but for you and with you. Help me to be conscious of your presence every moment," can set the tone for the next 16 hours. This is the seed of the practice for the day.

Use "Bookmarks" for Awareness

Our minds wander. That is human nature. To bring yourself back to the consciousness of God's presence, use physical cues in your environment as "bookmarks." For example:

- The Dial of a Clock: Every time you check the time, let it be a prompt for the question, "Where is my heart

right now?"

- A Door: When you walk through a doorway, imagine walking into a new moment with God.
- A Phone Notification: Instead of instantly reacting, take a deep breath and use the prompt to whisper a prayer.
- Washing Hands: Let the physical sensation of water be a reminder of the cleansing and refreshing presence of the Spirit.

The "Sanctifying the Task" Method

This is the core of the practice. When you begin any task, no matter how small, take a second to mentally offer it to God. Use this formula:

1. Pause: Before starting, take a slow breath.
2. Offer: In your heart, say, "Lord, I do this task for you."
3. Perform: Do the task with focus and love, as if you are serving God directly.
4. Offer Again: Upon completion, say a quick "Thank you" for the strength to do it.

This method, derived directly from **The Practise Of The Presence Of God**, turns even the most boring chore into a dynamic spiritual act.

Embrace Short "Arrow Prayers"

Throughout the day, shoot up short, "arrow" prayers. These are quick, one-sentence prayers sent directly to God. Examples include:

- "Lord, have mercy." (in a moment of frustration)
- "Thank you for this beauty." (seeing a sunset)
- "I trust you with this problem." (in a difficult meeting)
- "Help me to be kind." (before interacting with a difficult person)

These prayers keep the connection alive and vibrant, making **The Practise Of The Presence Of God** a living reality.

End the Day with Gratitude and Review

Before you sleep, review your day. Don't focus on your failures at the practice. Instead, thank God for the moments you were aware of Him. Thank Him for the mundane tasks He helped you through. This positive reinforcement will make you more eager to resume the practice the next morning. A simple prayer like, "Thank you that I was never alone today, even when I forgot you," is a powerful act of faith.

The Profound Benefits of Living in God's Presence

Why engage in this discipline? The benefits of **The Practise Of The Presence Of God** are not merely theoretical; they are tangibly transformative.

Unshakeable Peace and Joy: When your focus is on the Eternal, the temporary troubles of this world lose their power to destroy your peace. Brother Lawrence described a "holy joy" that pervaded his life, even amidst hardship. This is a deep, abiding calm that is independent of external circumstances.

Greater Efficiency and Focus: Paradoxically, taking a moment to pause and connect with God makes you more efficient, not less. When you offer your work to God, you do it with more attention, love, and less anxiety. You are no longer working for a paycheck or a boss, but for the Creator. This brings clarity and reduces the frantic, scattered energy of multi-tasking.

Increased Self-Awareness and Holiness: Living constantly in the light of God's presence naturally exposes areas of darkness in our own hearts—pride, impatience, unkindness. This gentle, loving awareness, free from

harsh self-judgment, allows for organic spiritual growth. You become more holy not by trying harder, but by staying closer.

A Bridge Over Troubled Times: When suffering or tragedy strikes, the practice of God's presence is an anchor. If you have built the habit of turning to God in the small moments, you will naturally and instinctively turn to Him in the big ones. Your faith is not a theory but a lived, muscular reality that can withstand any storm.

Common Challenges and How to Overcome Them

Like any discipline, **The Practise Of The Presence Of God** comes with challenges. The most common is the problem of **distraction**. Your mind will wander. You will forget. You will go for hours without a single thought of God. Do not despair. This is not failure; it is the practice.

Brother Lawrence himself struggled with distractions. His advice was simple: **when you realize you have wandered, gently and lovingly bring your heart back to God**. Do not scold yourself. Do not think you must make up for lost time. A simple, "Ah, Lord, here I am again," is enough. It is the return that is the most valuable part of the practice. A thousand returns a day are a thousand beautiful acts of love.

Another challenge is the **lack of feeling**. You may not always "feel" God's presence. This is where faith comes in. The practice is not about feelings; it is about faith. You believe He is present because He promised to be. You act on that faith, and over time, the feelings often follow.

Conclusion: The Simple Path to a Transformed Life

The Practise Of The Presence Of God is not a quick fix or a spiritual fad. It is a way of life: a slow, steady, and deeply rewarding journey of intimacy with the Divine. It strips away the complexity of religious formality and returns us to the heart of faith itself—a personal, loving, and continuous relationship with God.

Brother Lawrence, a humble cook in a French monastery, discovered the secret to a life of paradise on earth. That same secret is available to you, right now, in the middle of your busy, chaotic, and ordinary life. You don't need to go to a monastery. You don't need hours of silence. You simply need to begin. Start with one task. Offer it to God. Talk to Him as you do it. And when you forget, simply begin again.

This is **The Practise Of The Presence Of God**. It is a practice for life. And it is the only practice that leads to a life of complete peace, profound purpose, and unending joy.

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the-practise-of-the-presence-of-god

DIGITAL EDITION

the-practise-of-the-presence-of-god

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