



water from rock

## Selah: Stop, Look, Listen – May 17, 2022

The Lord be with you.

How aware are you of God's presence with you? During the day, during the night, I asked that because God is always present with us. The Apostle Paul in Acts Chapter 17 verse 28, speaks of God in whom we live and move and have our being. Think about that, God in whom we live and move and have our being. We can't get away from God because God loves us. God is always present to us, but we are not always present to God. We're not always aware of God's presence with us. And so I want to share with you a spiritual practice that has really meant a lot to me, as it has helped me to become so much more aware of God's presence.

It is a spiritual practice that can make us increasingly aware of God who was always with us that the God is here with you and me right now. This is an ancient spiritual practice, a biblical spiritual practice that comes in various forms, but a form that I like is called The Daily God Hunt. It's a form of the practice that I learned from David and Karen mains in their book, Daring to Dream Again, Tthe Daily God Hunt. Some people hunt for gold, some people hunt for deer, some people hunt for buried treasure, some people hunt for bargains. The Daily God Hunt is just as it says, it is a daily hunt for God, we go hunting for God in our day.

So here's how we start the daily God hunt, it's simple, we start the daily God hunt first thing in the morning when we wake, and we start by telling God that we're gonna be hunting for him, we're gonna be looking for him throughout our day. And then the Holy Spirit helping us, we open wide our eyes to God who's always with us, to Jesus who promised that he would never leave us, and we hunt for God during the day. We hunt for God, in well, in any one or more of these different ways.

We hunt for God's presence with us in an answer to prayer. Or we hunt for God's presence with us in his creation. We stop and we pay attention to that stunning, brilliant sunset this evening. Or we hunt for God's presence with us in another person who was right there to help us, to encourage us to lift this up. We hunt for God's presence as he helps us to do his work in the world, teaching the children Sunday school class, working at the homeless shelter. Talking to a friend about Jesus. We hunt for God in those moments that he's helping us do his work. We hunt for God as we just look for any evidence of God's love for us.

I think you could probably add to this list of ways that you and I, that we could hunt for God and find God's presence with us each day. An answer to prayer, God showing himself and his creation,



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God present with us in another person in their words, in their actions, God present with us while helping to do His work in the world or just any other sign or evidence of God's love and care for us. That's God's presence with us.

That is the daily God hunt. It is simple enough, but it's proven to be so powerful in the lives of so many.

And then then at the end of the day, and this is important, that at the end of the day, we take a few moments to think back over our day, and we note and we pay attention to what I like to call God sightings. The times during the day that we cited God's presence with us. Got sightings. We think back over our day, paying attention to those God sightings and then giving thanks to God for His presence with us always. Often I would begin a Bible study or fellowship time, asking people to share their God sightings, and people often will just jump at the opportunity to share their God sightings. God's presence becoming more and more real to us as we do the daily God hunt and share our God sightings. People always find that the more we seek to be present to God, we find that God is always present to us, but the more we hunt for God with us and experience his presence, the more we are aware of the God who is always present with us.

Jesus said that he's always with us. And like King David, we can experience the comfort and encouragement of God's presence that David talks about in Psalm 139, verse 7, he says, Where can I go from Your spirit? Or where can I flee from your presence? If I ascend to heaven, you were there. If I make my bed in Sheol, you were there. If I take the wings of the morning and settle at the farthest limits of the sea, even there your hand shall lead me, and your right hand shall hold me fast.

This is the God who loves you, this is the God who was always with you. The God that you can know and experience in your daily life, I hope that you will be blessed by the daily God hunt and that you will share it with others, and that you will share your God sightings with others.

I am Tim Smith, a fellow traveler. Thank you for the thing.

Until next time.