

5. Sincerely Seek His Presence - v 6

Many are asking, "Who can show us any good?" Let the light of your face shine upon us, O LORD.

If we want to experience God's presence, we must desire it. David writes, 'lift up the light of your countenance upon us, O Lord.' Is this your prayer? Do you long to experience the presence of God in your life?

Sometimes we are seeking an emotional experience instead of a godly experience. There are times when God's presence sweeps over us in waves of spiritual joy. It is natural to want to experience this kind of blessing all the time. But most of the time God's presence is with us **to help us** through the everyday mundane things that we face. It may not be as emotionally rewarding during those times, but it is far more spiritually rewarding as God is teaching us how to walk and grow in faith.

6. Recognise Spiritual Blessings - v 7

You have filled my heart with greater joy than when their grain and new wine abound.

As we experience God's presence, we will find we have more joy than anything in this world can provide. I think we can only get to the place where we truly experience the fullness of God's presence as we learn to let go of the attractions and the seductions of this world. We seek God's presence because we genuinely think it is more important than the grain (bread) and the wine and other worldly trappings. If our happiness is based on how much money we have, how much financial security we have, or how large our house is, then we will never be able to truly receive the full joy of God's presence. It is only when we are willing to find happiness in God, that we learn how worthless and unimportant worldly treasure really is. Not that any of these things

are wrong, but God should be our priority, not things.

7. Rest in God's Peace and Safety - v 8

I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety.

As we experience God's presence, we will find peace for our soul. Then we will have rest and not be anxious. This is why it's so important to be willing to spend time each day waiting on God until we sense the reality of his being with us in our daily life.

As we allow God to minister to us with his peace and comfort, we will discover that he is keeping us from psychological and emotional harm and causing us to dwell in safety.

There are tremendous benefits from seeking God's fellowship. We are ministered to physically, emotionally, and spiritually. But we must be willing to spend time alone with God. We must be willing to be silent before him. And we must be willing to wait to experience God's presence.

As we spend time with God, we will find our mind will be refreshed, our soul will be renewed, and our spirit will be transformed. Isn't that worth a little extra time each day?

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So if the Son sets you free, you will be free indeed. - John 8:36 ASSOCIATION

Experiencing The Presence of God



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Experiencing God's Presence

Psalm 4

Every Christian wants to experience God's presence and God wants us to spend time in communion with him. Here is the way a seven year old girl understood God's relationship with humanity, *"In the beginning God was lonely, so He made people to love.... He could talk to them better than he could talk to dinosaurs."*

It is true that God wants to talk to us, but sometimes we get so busy with all our responsibilities and activities that we don't spend much quiet time alone with God waiting to feel his presence in our life.

1. Call Upon God - V 1 *Answer me when I call to you, O my righteous God. Give me relief from my distress; be merciful to me and hear my prayer.*

If we want to experience God's presence, we must call out to him in prayer. We must be willing to spend some time alone with God. You may think that it's just too difficult to find time in the day for a quiet interval with God especially if you have a growing family with all the attendant responsibilities. But we somehow find time to do the things that we really want to do. If spending time with God is a priority, we will find time to do it.

When we are sick, we go see the doctor to make us feel physically well. When we are hurting, we go to our family or friends for emotional comfort and support. When we are ailing spiritually, we too often feel we have to just suffer in silence. But this has never been God's plan for us. God wants us to spend time in his presence.

If the doctor prescribes medication, we faithfully take it every day. We don't just talk with our

family or friends when we are hurting; we are refreshed from being with them often. So why do we spend so little time in God's presence? We need to learn every day to faithfully wait on God, until we experience his divine presence, ministering, comforting, and renewing us.

2. Seek God Alone - V's 2 - 3 *How long, O men, will you turn my glory into shame ? How long will you love delusions and seek false gods ? Know that the LORD has set apart the godly for himself; the LORD will hear when I call to him.*

I look at verse 2 as portraying God's anguish with humanity. People say they believe in God and claim to want to have a spiritual experience, but their words are vain words and they are really lying to themselves and others. We say a lot of things, but do we really mean them?

We say we honour God, but spend little time doing it. We may think we don't have any time to spare, but we suddenly find we have time if someone calls to talk with us on the phone or if someone unexpectedly drops by our house.

Meanwhile, God is trying to reach us and we give him a busy signal and we won't answer his knock at the door of our heart.

We need to realize what David writes here in verse 3 – that we have been set apart by God for himself. We are special to God and important to him. He wants to spend time with us to encourage, strengthen, and help us grow spiritually. Let us be willing to spend time with God – to make experiencing God's presence a priority each day.

3. Know Yourself - V 4 *In your anger do not sin; when you are on your beds, search your hearts and be silent.*

The Psalmist is saying that when things happen through the day that upset us, we are not to lose control and do things that harm ourselves or others. If we do, we must get alone with God and talk to him about it.

David tells us to commune with our own hearts on our bed. In other words, get alone where there is only you and God. Allow your heart to reach up to the Saviour. Allow him to minister to you and to touch you. Confess your sins and then be silent before God. Do not argue or contend with God, but let his mercy and grace give you peace and rest. If you truly want to experience God, spend some time being quiet before him.

4. Give Your Life To God - V 5 *Offer right sacrifices and trust in the LORD.*

David tells us to offer right sacrifices. Sometimes allowing God to minister to us requires some sacrifice on our part. We need to not only be willing to spend time in prayer and meditation with God, but we also need do those things that will make our heart receptive to receive God's message; such as regular Bible reading, regular fellowship with other believers, regular times of worship and praise, and a willingness to place our confidence in God and believe him for all our needs.

Next, the psalmist tells us we must put our trust in God. If the emphasis of our life is to trust our own efforts, our own ability, our own financial planning, and the reliability of others, we may discover that we really are not trusting God for anything in our life.

None of these items mentioned is a bad thing, but we can sometimes be so busy with our own priorities that we leave God out of our decisions, our focus, and our trust.