**7-Day challenge - Walking in the Presence of God**

We need to learn and practice living life in the presence of God

**All Week** - reflect on the following verse and put into practice Rejoicing, Praying and giving Thanks for everything.

**Rejoice Always; Pray without ceasing; in everything Give thanks; For this is God’s will for you in Christ Jesus. 1 Thessalonians 5:16-18**

**Day 1**- Recognize God’s presence in each situation all day by Praying Flash Prayers

i.e. Bless this meeting, Thanks for this Job, help this person, give me strength to get through, thank you for your love, Take my \_\_\_ away.

**Day 2** - With each encounter throughout the day, pray for the person and ask yourself is there any way I can share God’s love with this person.

**Day 3** - Reflect on the following verse throughout the day and notice God’s creation around you and reflect on how they point to an awesome God

**The heavens declare the glory of God; the skies proclaim the work of his hands.**  **Psalm 19:1**

**Day 4** - Reflect on the following verse throughout the day and be aware of each moment throughout the day and how you are using it to glorify God and how God is using you to glorify him.

**So, whether you eat or drink, or whatever you do, do all to the glory of God. 1 Corinthians 10:31**

**Day 5** - Reflect on the following verse throughout the day and be aware of your thoughts and actions. Ask yourself: Am I putting God first and is each though obedient to Christ? Pray for those areas where you have difficulties.

**Cast down everything that exalts itself against the Father and make every thought obedient of Christ.' 2 Corinthians 10:5.**

**Day 6** - Reflect on the following verse throughout the day and remember that Jesus always took time for overlooked people. Take time to notice those people around who go unnoticed day after day. (Cashier, Mailman, homeless, office admin) Talk to them, ask how they are doing, thank them and say a prayer for them

**… ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’ Matthew 25:40**

**Day 7** - Reflect on the following verse throughout the day and try not to complain about things that bother you instead offer them up in prayer.

**Do everything without grumbling or arguing, so that you may become blameless and pure, “children of God without fault in a warped and crooked generation.” Then you will shine among them like stars in the sky Philippians 2:14-15**