



---

## Prayer Tools: Making Space for God

---

Our lives are busy and crowded with so many things. It is challenging to make space and time to be with God. Being with God can seem like one more thing to do! **Good News!!!** There are ways to “**Make space for God**” in our everyday lives that are simple to do and very rewarding. **Little things in God’s hands become significant things, even giving God a thought here, a few seconds or minutes there, can reap huge benefits, making us aware of God’s presence and his love for us. So... give one or more of the following Pray Tools a try. See which ones you like and how they bless you.** Even come up with your own creative ways to “**make space for God**”. **Be blessed!**

1. **Stop and acknowledge to yourself and to God that you are in His presence.**
  - a. Thank God for the privilege of being in his presence
2. **When you first wake in the morning**
  - a. Wait silently before God for a minute or two
  - b. Say good morning to God
  - c. Invite God to direct your day
3. **Stop & be aware that God is with you throughout your day.**
  - a. Set alarms on your phone to ring a few times a day to remind you that God is with you.
  - b. Set your watch to beep on the hour. When you hear the beep acknowledge you are in God’s presence and thank him.
  - c. Plan times of silence during your day (30 sec – 10min)
4. **Choose to Fast** from something to make space to pay attention to God. ( **see info on fasting**), e.g. ...
  - a. A type of food or a meal
  - b. An activity like watching Tv, Netflix, social media: Facebook , phone, Instagram
  - c. Being negative or thinking in a nonproductive way
5. **Take a walk with God.**
  - a. Paying attention to signs of God’s presence in nature, people you meet, etc.
  - b. Feel the wind and air and meditate on the wind of the Spirit blowing on you
6. **Sit quietly in God’s presence** for a few minutes in a **posture of listening**
  - a. Spend a few minutes, an hour or a day focused on listening for God.
  - b. Spend a day in solitude & silence with God. Not talking to anyone
7. **When you are driving** use it as your God time. Your car can be a portable sanctuary.
  - a. Be aware you are with God.
8. **Take a coffee or tea break** with God
  - a. Make yourself a tea or coffee and sit enjoying it in God’s presence.
9. **Choose an everyday task and do it with God.** Aware of his presence.
  - a. Cooking supper. Washing dishes. Eating. Driving. House cleaning. Yard work. Etc.
10. **Ask God a question** about your relationship with him and then listen for an answer.
  - a. Ask God how he would like you to make space for him in your life
  - b. Ask God to teach you how he wants you to communicate and connect with him.
  - c. Ask God to give an image or picture of being in his presence

### **Journal about your experiences of “making space for God”.**

- What do you notice? what did you feel and experience?
- What have you learned or gained from these simple activities?
- Which ones would you like to include in your everyday life?