**The Divine Presence Devotion**

**Practicing the Presence of God**

Br. Lawrence, a discalced Carmelite, encouraged the practice of the presence of God. St. Francis de Sales, in his “Introduction to a Devout Life,” offered ways to foster an awareness of God’s presence. This devotion, designed to be used with Rosary beads, was inspired by these authors. It is intended to be customized by you for your own personal prayer. The example phrases below each *Guiding Thought* may help you discover the words that most resonate with your spirit. A digital, customizable copy is available at: augustinecenter.weebly.com

God, in a plan of sheer generosity, You created me out of nothing for the purpose of sharing with me Your own Blessed Life. May I participate in Your Divine Nature - to ever greater degrees - as I become aware of and open to Your Presence in this devotion.

Take the crucifix of the Rosary in hand and use it to make the sign of the Cross.

**First bead:** God, come to my assistance. Lord, make haste to help me.

Glory to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now and will be forever. Amen.

**Next three beads:** Lord, give me **Faith** to trust You perfectly in this very moment.

 Lord, give me **Hope** to completely trust You for all that is yet to come.

 Lord, give me **Charity** to be united to You now and forever.

 Glory to... Amen. Lord, help me to be always aware of Your Presence. Help me to love as You love.

**1st Guiding Thought for the 1st Ten Beads: The essence, power and presence of God permeate all of creation.**

 “You are everywhere, present.” *or* “You are present in all things.” *or* [your version]

 Glory to... Amen. Lord, help me to be always aware of Your Presence. Help me to love as You love.

**2nd Guiding Thought: Furthermore, God resides in a unique way in the spirit of those who have faith. Ephesians 3:16-17**

 “You are the Heart within my heart.” *or* “You are in the center of my spirit.”

 Glory to... Amen. Lord, help me to be always aware of Your Presence. Help me to love as You love.

**3rd Guiding Thought: Consider Jesus, in His humanity, viewing you from Heaven as St. Stephen saw Him. Acts 7:55-56**

 “You closely watch over me from above.” *or* “You watch intently, with love, from Heaven.”

 Glory to... Amen. Lord, help me to be always aware of Your Presence. Help me to love as You love.

**4th Guiding Thought: The words of Jesus have the power to alter reality. He said, “Be calm” - the storm abated. “Be healed” - many were made well. To Lazarus, “Rise” - he rose. Over the bread & wine, “This is my Body...my Blood.”**

 “Behind the Eucharistic veil, You are there.” *or* “You are present in the Eucharist.”

 Glory to... Amen. Lord, help me to be always aware of Your Presence. Help me to love as You love.

**5th Guiding Thought: Imagine an interaction with Jesus. The envisioned encounter may arise from the daily Scripture readings or from your current physical/emotional/spiritual needs. This particular phrase is likely to change each day.**

 “I place my heart in Your Hands; You bring it to Life.” *or* “I touch the tassel of Your cloak, and I am healed.”

 Glory to... Amen. Lord, help me to be always aware of Your Presence. Help me to love as You love.

{To conclude your prayer, repeat the previous sentence or one of your liking as many times as you wish.

Perhaps you might even carry the phrase with into the rest of your day.}