

The Path of Totality

session 1

God, Disguised as My Life



support resource



God, Disguised as My Life

God comes to you disguised as your life. Paula D'Arcy

Be sure of this - I am with you always... Jesus, Matt 28:20, NLT

- ongoing question: ***How is God disguised as my life right now?***

Notice an area of particular pain, joy or need in my life; an area that's important to me.

Presence

How might God be present though hidden here?

What inner posture might help me enlarge and abide in a sense of God's presence here? How will I recall these postures, returning to them again and again?

What would I like to say to God about this?

What's is God's word to me in return?

Absence

What inner postures enlarge a sense of God's absence in this area of my life? What's my relationship with such postures? Do I feel ready to release any of them?

What would I like to say to God about this?

What is God's response?



Practicing God's Presence

In God we live and move and have our being.... Acts 17:28, ESV

Holy, holy, holy is the LORD of hosts; the whole earth is full of his glory! Isaiah 6:33

Practicing a posture of openness to God's presence in everything

I notice a physical object in nature or in the room around me

I pause - How is God hidden yet present in this object? What does this object speak to me about God's presence in everything created? What does this invite in me?

I notice a person - sometimes a person I know, sometimes a stranger

I pause - How is God hidden yet present in this person? What does this person speak to me about God's presence, compassion and image in all people? What does this invite in me?

I notice myself

I pause – How is God present in my body (my hands, feet, face, organs), in my mind (thoughts, insights, questions), in my heart (longings, joys, fears, tears). What does this speak of God's presence, compassion and image in me? What does this invite in me?

I notice an event outside myself

I pause - How is God hidden yet present in this event? What does this event speak to me about God's presence, power and counterintuitive way in this world? What does this invite in me?