



Connecting With God

Last month I wrote about God's being closer to us than the very breath we breathe. God is everywhere—all around us and living within us.

This time around I want to encourage you to capitalize on this reality, utilize its power and experience its joy. In the same way that we must breathe the air around us in order to benefit from its resources, so must we make the effort to connect with God's Presence in order to reap its benefits.

While it is important that we constantly acknowledge God's Presence, it is equally important that we make ourselves open to receiving the benefits that accompany it. It takes conscious effort and constant discipline for this to occur. It is at this point that we often fail.

It is helpful to begin each day, before we even get out of bed, with a prayerful effort to connect with God, and repeat this conscious effort throughout the day.



Suggestion: “O Holy One, thank you for inviting me into *your* day so that I have the joy of being close to you in everything that I do”. Memorize that and pray it every morning and throughout the day.