

**PRESENT IN HIS PRESENCE**  
**“Enthroned on our praises!”**

**STOP** – Sometimes we have to be still and quiet or maybe for others it means a walk outdoors, whatever it is for you, I encourage you to purposely clear some space to be with God. So what thoughts or worries have been at the front of your thoughts this past week? I would encourage you to write them down or at least list them in your mind. Surrender any distractions to God naming them all in a short simple prayer. **(Prayer)**

**TAKE A BREATH** – Be mindful of your breathing, slow it down, as you breathe in ask the Holy Spirit to fill you afresh with His presence and as you breathe out ask the Holy Spirit to help you release your worries and distractions.

**ACCEPT AND CONNECT** – Below is a scripture text to read through. Before you read it take a moment to ask the Holy Spirit to open your heart and mind to His truth. **(Prayer)** Now I encourage you to read it out loud, if you have family members with you take turns reading paragraphs or if you are on your own call or facetime with someone and read it out loud together. Then re-read it again but silently. **(Read text out loud and then silently)**

**Romans 5:1-11 (NLT)**

<sup>1</sup>Therefore, since we have been made right in God’s sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.

<sup>2</sup>Because of our faith, Christ has brought us into this place of undeserved privilege where we now stand, and we confidently and joyfully look forward to sharing God’s glory.

<sup>3</sup>We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. <sup>4</sup>And endurance develops strength of character, and character strengthens our confident hope of salvation.

<sup>5</sup>And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.

<sup>6</sup>When we were utterly helpless, Christ came at just the right time and died for us sinners.

<sup>7</sup>Now, most people would not be willing to die for an upright person, though someone might perhaps be willing to die for a person who is especially good.

<sup>8</sup> But God showed his great love for us by sending Christ to die for us while we were still sinners. <sup>9</sup> And since we have been made right in God's sight by the blood of Christ, he will certainly save us from God's condemnation.

<sup>10</sup> For since our friendship with God was restored by the death of his Son while we were still his enemies, we will certainly be saved through the life of his Son. <sup>11</sup> So now we can rejoice in our wonderful new relationship with God because our Lord Jesus Christ has made us friends of God."

#### **RESPONSE:**

- Are you walking through something difficult right now? Maybe its the present moment with the covid-19 virus or maybe its something from before or something new that has come up. Re-read verses 3 - 4 and silently pray it back to God with rejoicing for whatever you are facing. Let these verses change your posture from fear or worry to trust and anticipation. **(Pray)**
- Without the mercy of God we would still be his enemies. Let us give prayers or songs of rejoicing for what God has done for us to be His friends. **(Pray or sing)**

In closing here are two other verses that speak into our lives today:

#### **John 16:33 (NLT)**

"<sup>33</sup> I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

#### **Psalms 22:1-2 (NLT)**

"<sup>1</sup> My God, my God, why have you abandoned me? Why are you so far away when I groan for help? <sup>2</sup> Every day I call to you, my God, but you do not answer. Every night I lift my voice, but I find no relief. <sup>3</sup> Yet you are holy, enthroned on the praises of Israel."

As you read these words you are filled with, surrounded by, anointed by, called, adopted, loved, chosen, and empowered with the Holy Spirit. Nothing about God has changed in us because of life's circumstances. This is worth rejoicing in. This is worth praising God for. God is still above (holy) our fallen world, and He is enthroned on our praises as we worship Him in spite of these distractions! God is still speaking to the church today – what is He saying to you? Amen