

There are many Christians who know in theory that Jesus is with them, but they do not actively practice His presence. One of the best ways to practice the presence of the Lord is to thank Him all the time. You can give thanks to Him for everything. There is no limit to what you can thank Him for, since every good and perfect gift that we enjoy today comes directly from Him. (James 1:17) Even if you have had a rough day at work and you are facing a seemingly impossible challenge, you can practice His presence. The moment you realize that your heart is heavy with worry and your mind is plagued by anxiety, share your challenge with Jesus and thank Him that this problem is not bigger than His hands. Begin to surrender it to Him and depend on Him for His strength, power, and peace. As you do that, you are already practicing the presence of the Lord. As you honour His presence and behave like He is indeed with you, He sees it as faith in Him, and intervenes on your behalf for your success in whatever situation you may be in.

What does the word “appreciate” mean? It means “to increase in value”. If you appreciate someone, the person increases in value in your eyes. The Lord is already with you, so start to practice His presence. Begin by thanking Him, appreciating Him, and increasing His value in your eyes, and you will see Him acting on your behalf.

1 Thessalonians 5:18 “In everything give thanks; for this is the will of God in Christ Jesus for you.”