

**Practicing the Presence:
Divine Awareness
Genesis 28:10-22**

**The question some of us are
asking:**

“Where is God in this?”

Jacob left Beer-sheba and went toward Haran. He reached a certain place and spent the night there because the sun had set. He took one of the stones from the place, put it there at his head, and lay down in that place.

(Genesis 28:10-11, HCSB)

GOOD NEWS:
God is present IN our trouble

And he dreamed: A stairway
was set on the ground with its
top reaching heaven, and God's
angels were going up and down
on it.

Yahweh was standing there beside him, saying, "I am Yahweh, the God of your father Abraham and the God of Isaac. I will give you and your offspring the land that you are now sleeping on.

(Genesis 28:12-13, HCSB)

Early in the morning Jacob took the stone that was near his head and set it up as a marker. He poured oil on top of it and named the place Bethel, though previously the city was named Luz.

(Genesis 28:18-19, HCSB)

**If your life is hidden with God,
the place where you are
standing is sacred**

Do not say in your heart, “Who will go up to heaven?” that is, to bring Christ down or, “Who will go down into the abyss?” that is, to bring Christ up from the dead. On the contrary, what does it say?

The message is near you, in
your mouth and in your heart.

(Romans 10:6-8, HCSB)

We must slow down to listen

When Jacob awoke from his sleep, he said, "Surely the Lord is in this place, and I did not know it." He was afraid and said, "What an awesome place this is! This is none other than the house of God. This is the gate of heaven."

(Genesis 28:16-17, HCSB)

**Sometimes it's easier to see
God's movement in retrospect
than in the present.**

Examen (an ancient practice)

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1. Gratitude — start by
anchoring your time in
thanksgiving

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2. Review — recall the events of the day (or yesterday), from start to finish, noticing where you felt consolation or desolation

Examen (an ancient practice)

3. Grace — ask God for the grace needed for the rest of the day, and to be more aware of His presence