



- God is always present and active in my life, whether or not I see him.
- Coming to recognize and experience God's presence is *learned* behaviour and I can cultivate it.
- My task is to meet God in *this* moment.

- I am always tempted to live “outside” this moment. When I do that, I lose my sense of God’s presence.
- Sometimes God seems far away for reason I do not understand. Those moments, too, are opportunities to learn.

- Every thought carries a “spiritual charge” that moves me a little closer to or a little farther from God.
- Every aspect of my life -work, relationships, hobbies, errands -is of immense and genuine interest to God.

- My path to experience God's presence will not look quite like anyone else's.
- Straining and trying to hard do not help.



