

Becoming Comfortable in the Presence of God

Use this worksheet as a guide to help you move beyond performance and pressure.
It's time to experience genuine peace, stillness, intimacy, and comfort in God's presence.

1. When I think about being with God, I feel...

- | | |
|---------------------------------------|------------------------------------|
| <input type="checkbox"/> Peace | <input type="checkbox"/> Shame |
| <input type="checkbox"/> Comfort | <input type="checkbox"/> Distance |
| <input type="checkbox"/> Pressure | <input type="checkbox"/> Confusion |
| <input type="checkbox"/> Guilt | <input type="checkbox"/> Intimacy |
| <input type="checkbox"/> Fear | <input type="checkbox"/> Avoidance |
| <input type="checkbox"/> Other: _____ | |

2. What makes it feel this way?

3. What do I feel God sees when He looks at me?

4. What makes being with God feel difficult?

5. What have I been trying to "do" for God instead of simply being with Him?

Remember: God doesn't require you to show up a certain way or earn His presence. He just wants to be with You... As you are. And He's a Gentleman. He won't barge in. Instead, He knocks at the door, patiently waiting for you to let Him in.

6. Where in my life is God inviting me to slow down and trust Him more?

7. What would intimacy with God look like in life right now?

8. This Week's Challenge (Choose 1 to do daily):

- Sit with God for 15 minutes with no agenda
- Read one scripture slowly and reflect
- Prayer walk without asking for anything
- Worship quietly without multitasking
- Journal a conversation with God
- Sit in stillness and simply listen
- Other: _____

9. What did I notice during this time?

10. Prayer Prompt

"God, help me to grow in my comfort with You. Give me a hunger for Your presence."

Write your own prayer below:

One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple. - **Psalm 27:4**