

**POWER OF THE
*MOMENT***

ABUNDANT LIFE... Living in the *Presence*

“The thief comes only to steal and kill and destroy; I have come so that they may have life, and may have it abundantly.”

John 10:10

ABUNDANT:

- Present in great quantity
- More than adequate
- Over sufficient
- Well supplied with something
- Abounding

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John 10:6-18 (Message)

⁶⁻¹⁰ Jesus told this simple story, but they had no idea what he was talking about. So he tried again. “I’ll be explicit, then. I am the Gate for the sheep. All those others are up to no good – sheep stealers, every one of them. But the sheep didn’t listen to them. I am the Gate. Anyone who goes through me will be cared for – will freely go in and out, and find pasture. A thief is only there to steal and kill and destroy. I came so they can have real and eternal life, more and better life than they ever dreamed of.

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11-13 “I am the Good Shepherd. The Good Shepherd puts the sheep before himself, sacrifices himself if necessary. A hired man is not a real shepherd. The sheep mean nothing to him. He sees a wolf come and runs for it, leaving the sheep to be ravaged and scattered by the wolf. He’s only in it for the money. The sheep don’t matter to him.

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14-18 “I am the Good Shepherd. I know my own sheep and my own sheep know me. In the same way, the Father knows me and I know the Father. I put the sheep before myself, sacrificing myself if necessary. You need to know that I have other sheep in addition to those in this pen. I need to gather and bring them, too. They’ll also recognize my voice. Then it will be one flock, one Shepherd. This is why the Father loves me: because I freely lay down my life. And so I am free to take it up again. No one takes it from me. I lay it down of my own free will. I have the right to lay it down; I also have the right to take it up again. I received this authority personally from my Father.”

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“Just imagine how different your life would be if moment by moment you were constantly open to God. Think of how much your experience of yourself, others and the world would change if you were continuously attuned to the loving presence of God and allowed the life of God to flow into and through you with each breath”

“OPENING TO GOD”

By David Benner

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John 10 Passage

- **The Shepherd knows His sheep by name**
- **The Shepherd leads His sheep**
- **The sheep follow because they are familiar with the Shepherd's voice**
- **The Sheep are cared for and are free to go in and out and find pasture, a place of rest and care**

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John 10

- **The Shepherd came to give them eternal security and real life... better than they could ever imagine (abundant life)**
- **No sacrifice was too great for the good Shepherd to make for His sheep**
- **The Shepherd offers His sheep the same intimate connection that He has with The Father**

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In order to experience the presence of God we first must become present.

Two ways of being “Present”

- 1. To be physically present**
- 2. To be present in the moment**

PRESENCE starts with being PRESENT

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*“The heavens proclaim the glory of God.
The skies display his craftsmanship.
Day after day they continue to speak;
night after night they make him known.
They speak without a sound or word;
their voice is never heard.
Yet their message has gone throughout the earth,
and their words to all the world.” (Ps 19:1-4)*

*“We may ignore, but we can nowhere evade, the
presence of God. The world is crowded with Him. He
walks everywhere incognito.” (C.S. Lewis)*

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Ways of learning to be Present:

- 1. Sitting for 10 minutes a day in quiet meditation opening yourself up to experiencing the presence of God**
- 2. Intentionally paying attention to what is going on around you while doing a regular routine that you usually do mindlessly**
- 3. Practice being more present to the people that are closest to you by listening to them with your full attention**
- 4. Start a daily rhythm that purposely brings God to mind throughout the day (ex: gratitude)**

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Ways of learning to be present:

- 5. Be present to fear, anxiety, stress, frustration, or feelings going on inside and stop to breathe remembering in the moment that God is with you**
- 6. Intentionally talk to God as you engage in your day; listening to the wisdom that He may be sharing with you**
- 7. Increase your awareness of the presence of God in the beauty of nature all around you.**
- 8. Ask God to increase your awareness of how He is seeing the people that are all around you**

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“The time of business does not with me differ from the time of prayer; and in the noise and clatter of my kitchen, while several persons are at the same time calling for different things, I possess God in as great tranquility as if I were upon my knees at the blessed sacrament... I made this my business as much all the day long as at the appointed time of prayer; for at all times, every hour, every minute, even in the height of my business, I drove away from my mind everything that was capable of interrupting my thought of God... I found myself changed all at once, and my soul which till that time was in trouble, felt a profound inward peace, as if she were in her center and place of rest.”

The Practice of the Presence of God by brother Lawrence