

Experiencing the Presence of God

In the midst of pain and suffering



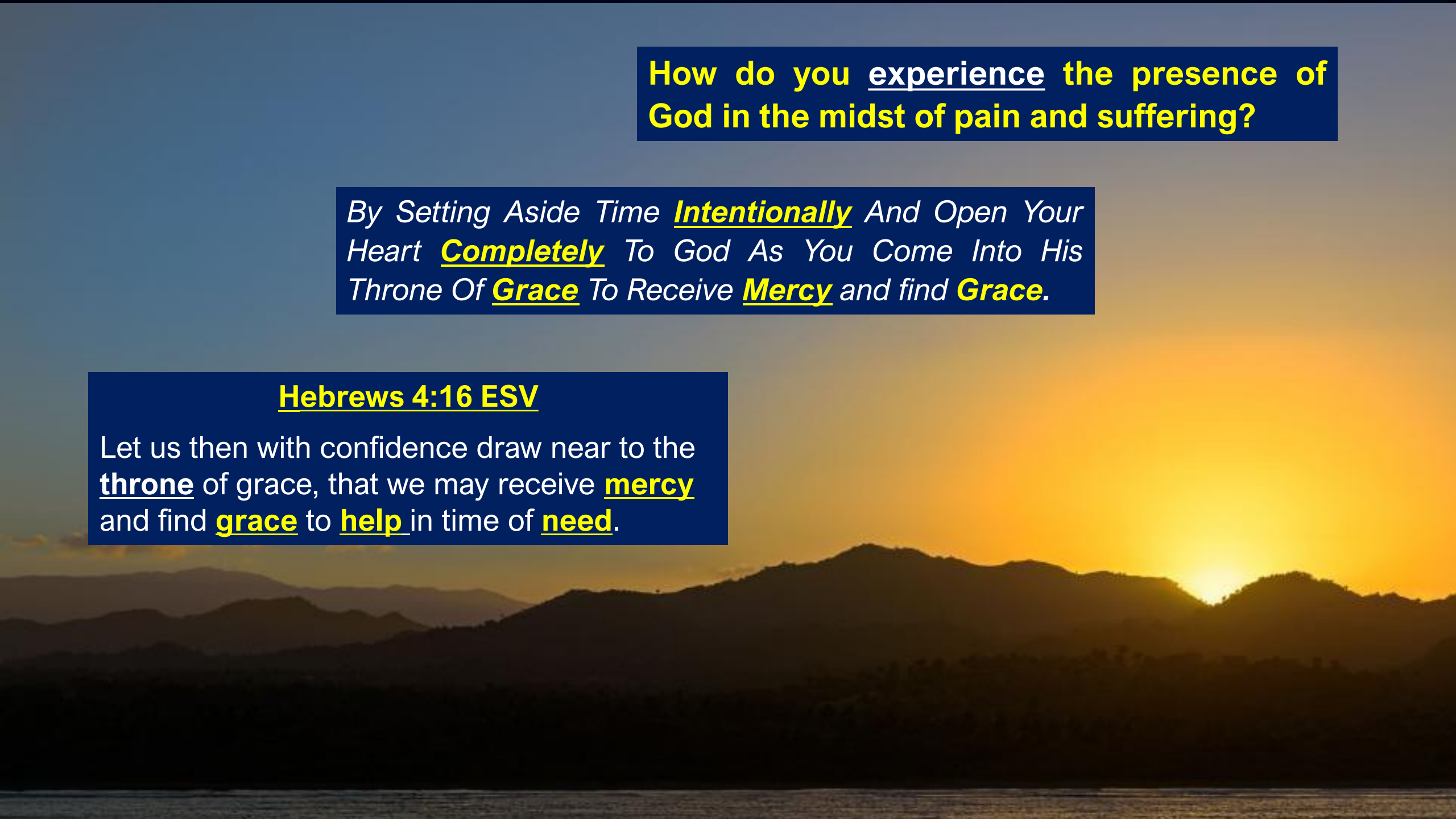
By Robin Png
RHM Care Pastor
www.restorativehearts.org

How do you experience the presence of God in the midst of pain and suffering?

By Setting Aside Time Intentionally And Open Your Heart Completely To God As You Come Into His Throne Of Grace To Receive Mercy and find Grace.

Hebrews 4:16 ESV

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.



How does God assure you of His presence?

James 4:8 ESV

Draw near to God and he will draw **near** to you.

Jeremiah 29:12-13 ESV

Then you will call upon me and go and pray to me, and I will **hear you**. You will seek me and **find me** when you seek me with all your heart.



Does God assure you that He will listen to your prayer?

Psalm 145:18-19

The Lord is near to all who call on him, to all who call on him in truth. He fulfills the desire of those who fear him; he also hears their cry and saves them.

Psalm 118:5-6

Out of my distress I called on the Lord; the Lord answered me and set me free. The Lord is on my side; I will not fear.

Psalm 116:1-2

I love the Lord, for he heard my voice; he heard my cry for mercy. Because he turned his ear to me, I will call on him as long as I live.



What would be helpful when you are in His presence?

You can have a sincere, **heartfelt** communication with God.

You can **cry** and let God know how you **feel**.

You can have an **authentic** and sincere time of **worshiping** God

You can have a time of **reflecting** of your personal **history** with God that has brought you where you are now.

You can **believe** on His promises and **assurances** of love, mercy, goodness and healing.

You can have a quiet time remembering the **goodness** and **mercy** of God in your life all these years.

You can have a time of **silence** and solitude with God and learn to **rest** in His presence.





How do you feel, sense or be aware of the presence of God?

*You may experience His **presence** in one or several of the following ways*

In Your Emotions

1. You feel a deep sense of **calm**, tranquility, and stillness.
2. You feel an overwhelming happiness, **delight**, and elation.
3. You feel enveloped in unconditional love and **acceptance**.
4. You feel **comforted** by a sense of solace, **consolation**, and reassurance.
5. You feel a heartfelt **thankfulness** and appreciation.

The background of the image shows a soft-focus scene of white flowers with yellow centers, likely Anemones, growing among lush green leaves. A semi-transparent blue rectangular box is centered in the upper half of the image, containing white text. The text is a list of five points describing physical sensations, with key words highlighted in yellow. The title 'In Your Body' is underlined.

In Your Body

1. You feel a soothing **warmth**, like a hug.
2. You feel **lightness** having a sense of weightlessness, freedom, and release.
3. You feel a tingling **sensation** that is **gentle** and pleasant in your hands, feet, or body.
4. You feel calmed and experience a deep muscle **relaxation**.
5. You feel a sense of renewed **vitality**, strength, and energy.

In Your Spirit

1. You feel a sense of **closeness** and union with God.
2. You feel a sense of being **guided** with a clear direction, timely **wisdom**, and discernment.
3. You feel assured and confident that you can **trust** God completely.
4. You feel a sense of **hope** because of renewed optimism, promise, and assurance.
5. You feel a sense of being **renewed**, empowered and energised.

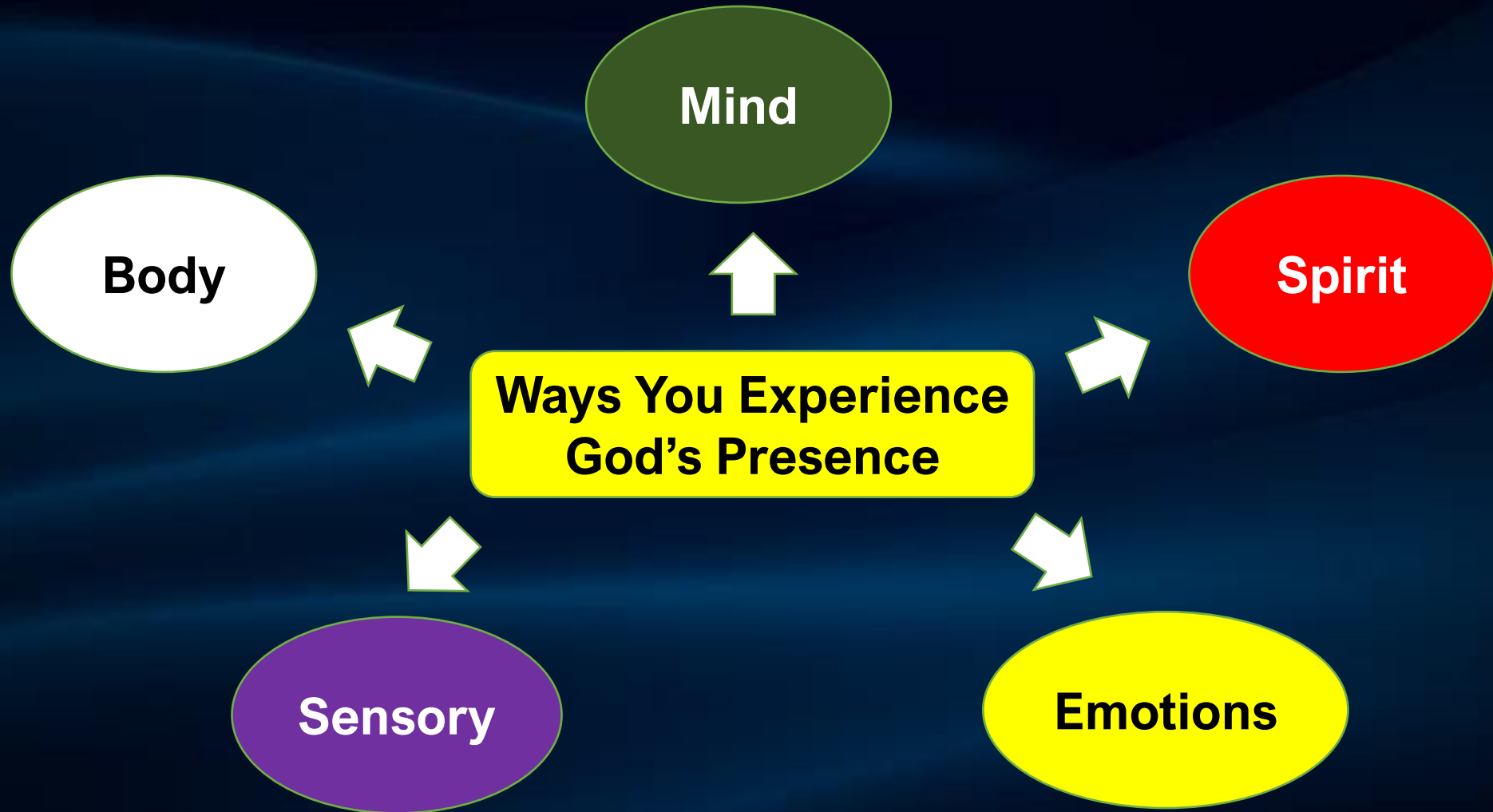


In Your Mind

1. You have a clarity of **mind** and focus.
2. You have a deeper understanding, wisdom, and **perspective**.
3. You have a new **awareness**, discernment, and knowledge on your circumstance.
4. You have a **peace** of mind that is free from worry, anxiety, and doubt.
5. You have a sense of **purpose** with clear direction, calling, or mission.

In Your Five Senses

1. You have **visions**, dreams, or mental images.
2. You hear a gentle, still **voice** or whisper.
3. You **smell** the presence of fragrance, scent, or **aroma** around you.
4. You feel being **touched** by a warm and gentle hand on your body.
5. You taste a sweetness, **joy** or spiritual nourishment in your heart.
6. You hear a gentle humming or singing or **heavenly** music
7. You experience a beautiful **tongue** coming out from your mouth and smell a sweet **fragrance** around you.



My Personal Reflection

I can have a fresh **touch** from the Lord, as I sincerely bare my **soul** before Him with a clear **conscience** and a genuine **faith**. God knows that I **love** Him and He **knows** what is in my heart. Thank you Jesus!



Prayer

Dear Lord Jesus, **touch** my heart and my body. Let the fresh **dew** of Heaven fall **afresh** on me. Let your divine touch bring **healing** to my body and **restoration** to my heart. In Jesus' mighty name I pray. Amen.



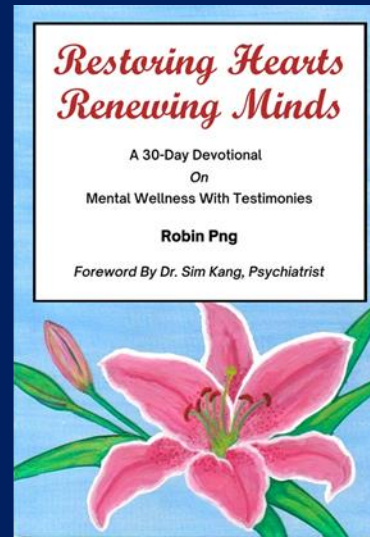
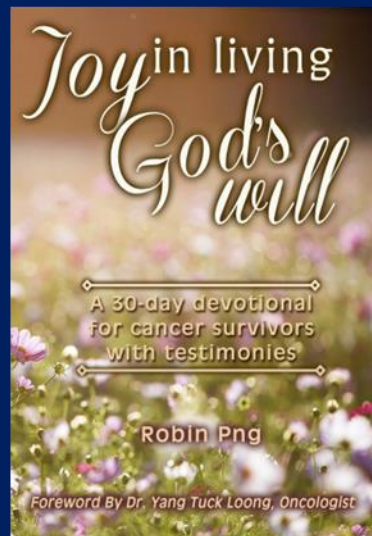
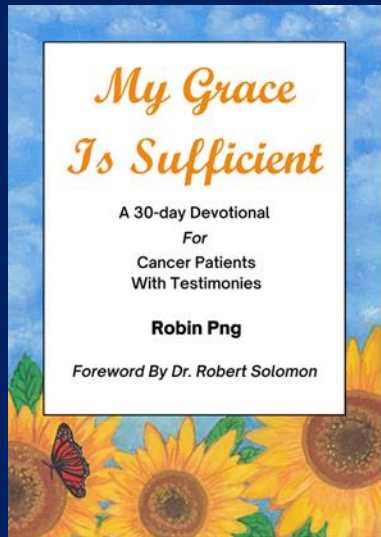
**Restoring Hearts
Renewing Minds**

About Restorative Hearts Ministry



Free Download For These Devotional Books

Click here <https://www.restorativehearts.org>



Restorative Hearts Ministry or RHM Cancer Care is a Christian organisation that reaches out to cancer patients and persons with mental wellness concerns with the love and power of Jesus Christ.

If you wish to enquire more about this ministry, you may email to restorativehearts@gmail.com.

You may also whatsapp at mobile number 92705205. Thank you.

For enquiries, whatsapp mobile@92705205