

Abiding 104

Read the Chapters 22-28 of “Abide in Christ” this week

Listen to it free online: <https://librivox.org/abide-in-christ-by-andrew-murray/>

Read it free online: https://archive.org/details/abideinchristtho00murr_0/mode/2up

Practice: Cultivating Abiding

Set aside time each morning to encounter Jesus. Pick or create a different way of putting yourself into contact with Jesus each day. Here are some ideas:

- 1) Spend a set amount of time in silence before the Lord. Ask the Spirit to open your heart and mind to God’s presence with you and to help put away any thoughts that may distract. This will be tough if you are doing it for the first time. Give yourself plenty of leeway to just try it and fail.
- 2) Find a song that particularly connects your heart to God’s heart. Get into a comfortable spot and listen to the song. Let the lyrics focus your mind and heart of God’s presence there with you.
- 3) Find a painting that may move you which depicts a scene from the Gospels or from the Old Testament. Spend time examining it and reflecting on what the artist placed in it to highlight the truth found in scripture. Do some research after and see if you can find anything about the artist’s mindset for creating this art.
- 4) Pick a story from one of the Gospels to read aloud to yourself. Read it multiple times. What does it reveal about Jesus? How is that truth still true about Jesus in your life today.
- 5) Write a poem or a prayer to God. You could use a Psalm as your inspiration or just what is in your heart. After you are done writing it, read it aloud to God.

Do not let these ideas limit you. Be creative to cultivate time with Jesus this week and make yourself more aware of his nearness to you in the Holy Spirit.