



10 Tips to Increase Your Awareness of God's Presence

by Rose Noland

There you are—in the hospital with a very sick loved one. It doesn't look good.

Or...

You've tried again and again to find a job; to fix a problem—all to no avail.

You are greatly discouraged and ready to give up.

Or...

**You're all alone. Your husband has just passed away or left you;
you're overwhelmed with grief.**

Or...

**You've just received some very bad news that has turned your world upside
down. Great fear grips you. What will you do?**

How in the world will you ever survive?

What do you need in all of these situations?

A conscious awareness that a loving, all powerful God is with you!

Have you ever felt the presence of God in a difficult moment? You can't really describe it. But you know God was there with you in a special way, comforting you, giving you His peace, joy, assurance—whatever it was you needed in that moment. And it's way more than a feeling. It's a deep-down sense in the very core of your being.

I lost my wonderful husband to cancer over ten years ago. I have no kids. And I recently moved out of state. I am alone a lot! I often get overwhelmed with loneliness. What keeps me from being consumed?

A conscious awareness of God's presence!

You and I don't have to *remain* in a state of loneliness, for we are *not alone*. We have God with us. We can know for certain that the last words of our Savior are true.

"And surely I am with you always, to the very end of the age." (Mat 28:20)

Later, I will be giving you ten tips to help you know with certainty that this is true, but first I need to cover a few things so that you'll be able to utilize them.

Common Biblical Theme

The bible is filled to the brim with this fact that God is with us.

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee.... (Is 41:10)

"My presence shall go with thee, and I will give thee rest." (Ex 33:14)

"I will live among you, and I will not despise you. I will walk among you; I will be your God, and you will be my people." (Lev 26:11-12 NLT)

"As I was with Moses, so I will be with you; I will never leave you nor forsake you.... Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go." (Jos 1:5, 9)

And of course, one of the names of Jesus is *Emmanuel* which means "God with us" (Mat 1:23). Jesus, the second member of the Godhead, took on human flesh and came to live among us. Then He died on the cross as our sin substitute, and rose from the dead, so that we could be in the very presence of God both now and forever.

The Lord wants us to *know* He is with us.

What Do I Mean by God's Presence?

Isn't God everywhere? Yes. However, there's a difference in being with someone and that person just being in the same room with you. Wherever we are God is present, but He is also present in a special way, living inside those who believe in His Son's redemptive work. If you have accepted Jesus as your personal Savior, then this is true of you:

God, the holy Creator of the universe, is living inside of you!

I say along with the psalmist, "Such knowledge is too wonderful for me, too lofty for me to attain" (Ps 139:6)!

The cool thing is, God wants to be known and will reveal Himself to you! He longs for you to know Him in your experiences—where He becomes real to you and in your world rather than merely a theological or theoretical concept.

I came from a Christian background but later became an atheist. I didn't believe God was real. But the Lord pursued me. When I finally got to the place where I was open to the fact that maybe—just maybe—my atheistic belief was wrong, the Lord undeniably made Himself real to me. I've never been the same since that day when I heard the Gospel and chose to follow Him!

God is not just Someone big and powerful up there—somewhere. He's an up close and personal Redeemer who loves you—and He wants you to know and sense it right here and now.

How God Reveals His Presence

The Lord manifests Himself in several ways.

❖ Through Past Miracles

Miracles are the most obvious ways in which God shows Himself to us. There are a huge number of them described in the Bible. Perhaps the most famous ones are when God led His people, the Israelites, out of Egyptian slavery. He performed ten miraculous plagues, parted the Red Sea, and led them through the desert with a cloud by day and a pillar of fire by night—also known as the Shekinah glory. It's interesting that "Shekinah glory" is the Hebrew name given to the presence of God dwelling on earth.¹

Thankfully, God doesn't just use big and obvious ways to reveal Himself—because I sure haven't seen any parting of the Red Sea lately.

❖ Through Nature

Do you, like most people, get a sense of awe and wonder when you look at the Grand Canyon, Niagara Falls, or the countless stars? That's the Lord displaying His majesty, greatness,

intelligence, beauty, power, and control to you. Just as art reflects the artist, so too does creation reflect the Creator.

*The heavens declare the glory of God;
the skies proclaim the work of his hands. (Ps 19:1)*

❖ **Through His Intervention**

Many years ago, I was in a car accident where I actually “felt” a cushioning upon impact. I believe that was God’s intervention. I came away completely unscathed from this potentially fatal car accident! Perhaps you have also experienced something similar.

Whether we “feel” it or not, there are times when God orchestrates details in our lives where we know without a shadow of a doubt that what happened wasn’t just a coincidence. It was a “God-incident.”

These “God-Incidents” can be big and miraculous or small and subtle—those times when you might not recognize His handiwork in the moment. But when you look back on it later, you know there was no other way that could have happened *unless* God had intervened.

❖ **Through a Special Way in Our Spirit**

As believers in Christ we have a new nature, divine in origin (2 Cor 5:17). The Holy Spirit can communicate directly with that new spirit. Many of us have sensed His peace—a feeling of tranquility in the midst of turmoil without any big outward sign—a peace that passes all understanding (Phil 4:7), or His overwhelming love and comfort. I like to call these experiences *God Moments* or *God Touches*.

One of my *God Moments* occurred shortly after my husband, Ed, passed away. I was in the middle of writing my first book, but I had a hard time focusing on anything, let alone this huge task. So the Lord led me to get away, alone with Him. It was a wonderful time of spending undivided attention with my God—to reconnect, refocus, and recommit.

One day during a walk, I had an overwhelming sense of His presence. God communicated to me how pleased He was with me; that I wanted to live solely for Him, to keep serving Him—even without Ed. He knew how hard that was for me. Ed was my soul mate. God filled me with such an unspeakable joy and a sense of Him that every time I think about this event, I get choked up.

These shared experiences with our Savior spur us on to keep living a life that glorifies Him.

So it's not always in big miraculous ways that we can know God is with us. I desire more of these God touches. I *need to know* God is undeniably with me, especially in the midst of difficulties or when feeling all alone or scared. How about you?

Increasing Your Awareness of God

Is it possible to increase the frequency and intensity of experiencing these *God Moments*? Absolutely! As we saw earlier God *wants* us to get to this place of knowing that He is always with us because He repeatedly tells us in His Word.

...A very present help in trouble (Ps 46:1)

“Never will I leave you, never will I forsake you.” (Heb 13:5)

It's a fact. We need to believe Him because God is the One who says so and He cannot lie (Ps 89:35).

However, is desiring more of these God touches a valid pursuit—a God-honoring endeavor? I believe it is—if we pursue these experiences not solely for those warm fuzzy feelings. It's ok provided we are seeking to know God Himself and not only what we would get from Him.

*But seek first his kingdom and his righteousness, and all these things will be given to you as well.
(Mat 6:33)*

Seeking more “God touches” is a worthy pursuit if it gives *Him* glory and honor.

Let me explain this further because it's so easy to unknowingly put things ahead of God.

When we get saved, our lives become united with Christ. In this union we have everything we need to live in a godly way.

By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence. (2 Pet 1:3 NLT)

The more we are connected, the more conscious we'll be that we *can* live in a godly way. The more we strive to live for God, the more we'll see how rewarding it is to do life His way.

Sensing God's presence is rewarding because in Christ we feel complete and whole.

For in Christ all the fullness of the Deity lives in bodily form, and you have been given fullness in Christ.... (Col 2:9-10)

Let the truth of that verse sink in.

When we are consciously aware of God—our Source for everything—we feel a deep sense of satisfaction, a sense of wholeness, and contentedness because we are lacking nothing. We feel complete because we *are* complete (that is, if we are in Christ).

- We have His peace in the midst of turmoil for Christ is The Prince of Peace—that’s being a witness to others which brings God glory.
- We have joy, because in His presence there is fullness of joy—then we can spread that joy to others.
- We have His comfort in times of pain—then we’ll be able to comfort others in the same way in which we have been comforted.
- We have His love even when we think no one cares—then we’ll be able to love others.
- We have His power to do whatever He asks of us—to obey Him.
- We have His courage when feeling afraid, so we can go forth in confidence and live by faith, not by sight.
- We have His wisdom for making right decisions
- We have His strength for enduring and persevering through difficult times; we have hope.
- We have the ability to say no to temptation.

All of these things bring glory to God. Living like this pleases Him.

Many of these also have an emotional component, and that’s why we can “feel” His presence. But whether we feel Him or not, we can know inside our innermost being that He is indeed with us. The fact that we can actually sense His presence at times is a gift from our kind Father—an absolute privilege!

So are you ready to find out how to have more of these *God Moments*?

10 Tips to Increase Your Awareness of God

1. Get to know God in increasing measure

The more you know who God is—His love, goodness, faithfulness, mercy, and so on, the more you will love Him. The more familiar you are with how God operates/His ways—the quicker you'll recognize His presence. This knowledge is found in His love letter to us, the Bible.

We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding. Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better. (Col 1:9-10 NLT)

I've written extensively on this subject in my first book, [*Our Knowable God: Learning How to Relate to our Invisible Lord*](#).

2. Believe and apply

Knowing about God isn't enough. We need to live by faith—acting as if it were really true even when we cannot see it. The more you put your hope and trust in your Creator, the more you will sense Him. He rewards faith—like He did with me in my story above.

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. (Heb 11:6)

3. Spend undistracted time alone and with God

The more focused time you have with God, the more opportunities there are for God to show Himself to you, and the better you'll understand *how* He reveals Himself—what it “feels” like. You'll be able to recognize when you *are* having a “God moment,” for they are not all big and intense. Sometimes they are simply quiet whispers (See 1 Kgs 19:10-13).

[For a free resource on how to recognize God's voice [click here](#).]

But Jesus often withdrew to lonely places and prayed. (Lk 5:16)

4. Include God in everything you do/think about Him

Take God with you wherever you go—working, shopping, cooking. Whatever you do, do it for the Lord (Col 3:17). We often don't sense God because we're off doing our own thing, independent of God, too busy with our own agenda. Why not listen to a podcast while doing chores, or exercise to praise music? Why not enlist God as you think about all the things you have to do, or the concerns you have? Without Him our thinking often turns into worry.

For in him we live and move and have our being. (Acts 17:28)

The more you do steps #1-3, the easier this will become. You will more naturally think about the One who has given you so much. As the Lord comes to the forefront of your mind, dwell on Him. Thank Him for who He is and what He has done. That leads to our next tip.

5. Praise Him

As soon as you sense God's presence, acknowledge Him. Praise and commune with Him in that very moment. Worship and adore Him. He deserves it.

There will be times when we feel spiritually dry or discouraged; times when we don't have that warm sense of God's presence. There are many factors that influence the frequency and degree of the reality that God is with us—circumstances, people, our enemy, even God Himself at times. Choosing to praise God during these times will help dispel these negative feelings.

Regardless of whether you feel Him or not, praise Him anyway. Praise Him for the fact that you know He's there simply because He says so—by faith.

I will extol the LORD at all times; his praise will always be on my lips. (Ps 34:1)

6. Recount your past experiences with God

Whenever we have a big "God moment," we think we'll never forget it. But we are forgetful beings! Why else would God *repeatedly* say, "Remember the LORD your God" (Deut 5:15, 15:15)?

Here are several things you can do to help you remember your *God Moments*:

- Share your experience with others
- Write them down

It's so easy to forget all the details surrounding those special moments with God—big or little. Writing it down imprints it on your mind and leaves a record to which you can revisit in the future. This is not a diary, but simply a way to remember how God showed up in your life. (Go [here](#) for more on the importance of journaling.)

- Go down memory lane with your Savior

We do this with friends and family at get-togethers and reunions. Why not do it with the Savior of your soul and the best friend you could ever have? Reread those journal entries at Thanksgiving, New Year's Eve, or anytime you feel alone or discouraged and watch how your spirits get lifted!

Reliving those moments in your mind reinforces your faith and will help you remain faithful during difficult times.

7. Ask God

Whatever you ask that is in agreement with God's will, *He will say yes*. This is His desire for you. Why not ask Him to help you recognize Him, to remember Him, to include Him in everything?

And I will do whatever you ask in my name, so that the Son may bring glory to the Father. You may ask me for anything in my name, and I will do it. (Jn 14:13-14)

8. Be humble and yielded

God resists the proud. Remember that it is an unbelievable privilege to be in the presence of *The Most Holy God*.

“God opposes the proud but gives grace to the humble.” Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.... Humble yourselves before the Lord, and he will lift you up. (James 4:6-8,10)

If you and I want to hear those soft whispers from God, then we need to be open and yielded to God's way. Surrendering to God is never easy, especially during a crisis. But understand this: God often uses crises to give you a deeper experience with Him.

9. Make sure you are right with God

Sin separates us from God; it blocks intimacy. In God's kindness, the Holy Spirit reveals where we are doing or thinking wrongly. Those guilty feelings may be the Holy Spirit Himself drawing you into fellowship with Him. His conviction is really just another manifestation of His presence. He's telling you there's something not right between the two of you.

We may know about some of these wrong things, but have yet to confess them (Ps 66:18). However, sometimes you and I are not conscious that we are out of alignment with God. It is the Lord's job to point out any wrong thinking and attitudes we may have. And He does so by giving us a sense of unease or guilt.

So if you're not sensing God's presence on a regular basis, pray what David did:

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. (Ps 139:23-24 NLT)

Then whatever He shows you, confess and repent; get right with your Maker.

10. Fellowship with committed believers

Hanging around other people who have a vibrant relationship with God is contagious. Haven't you noticed that there's an undeniable and indescribable sense that God is present in a special way when like-minded believers are worshipping God on Sunday, studying the Bible, praying, or simply spending time together?

We were made for relationship with God and each other. If you are discouraged and wonder where God is, don't isolate yourself from those who can lift you up in the Lord and remind you that He is here with His people.

My dwelling place will be with them; I will be their God, and they will be my people. (Ez 37:27)

In a nutshell, by living a committed, yielded life for the Lord you will begin to experience a greater sense of the reality of God's presence. The frequency and degree of your awareness of God will vary with your circumstances and heart condition. The good news is you can increase the likelihood of these *God Touches* by consistently doing these ten things. Let me repeat them here:

1. Get to know God more
2. Believe and apply; act in faith
3. Spend time with God
4. Include God in everything/think about Him
5. Praise Him
6. Recount your experiences with God
7. Ask Him to increase your awareness of Him
8. Be humble
9. Remain right before God by confessing and repenting.
10. Fellowship with committed believers

Keep in mind that not all of our *God Moments* will be wonderful—full of peace and joy. Sometimes they will be a strong reprimand or a conviction of guilt due to unconfessed sin. But both are extremely memorable and necessary for our spiritual growth. I have found that I am absolutely miserable when I have sinned and refuse to repent. That misery is the Holy Spirit simply pursuing you and me and not letting us stay out of fellowship with Him. And when we do repent and receive His forgiveness—oh what a wonderful *God Moment* that is!

Also since experiences are so highly sought after in this day and age, we need to be careful not to put too much stock into them—especially us emotional types. We love having those *aha moments* with God, but we must never let our experiences trump God's word. Emotions are very powerful and can deceive us into thinking or going the wrong way (Jer 9:17:9); they can mask the truth. What we feel must never get in the way of truth. If we seek instead, the Person of Jesus Christ who

is the Truth (Jn 14:6), we will have the right type of experiences that are both God-honoring and very rewarding.

So let me ask you: Are you seeking after Christ? If you have had a sense of God's presence before, it doesn't *necessarily* mean you are His child and going to heaven. If you have never trusted in the Lord Jesus Christ as your Savior, then that sense may be God revealing Himself to you; inviting you into a personal relationship with Him!

Jesus is the only way to heaven and into the presence of God.

Please do not be deceived. The way you can be *sure* you are God's child is if there is evidence of a genuine change in your life. Have you turned away from doing life your way to living for God? If you're not sure, please go to this [link](#) to find out more. Or contact me at rose@heisworthit.com or 304-314-4328.

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. (Jn 3:16)

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me. (Jn 14:6)

You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand. (Ps 16:11)

Final Thoughts

It's downright exciting to live like this! Whether it's an overwhelming sense of peace and joy, awe in seeing a sunset, divine courage in the face of fear, or the receiving of forgiveness it is wonderful to know that the Creator of the universe is with us!

Keep your antennas up, be intentional, and I promise you God will show up in special and unique ways in your life! Then you'll have your own wonderful reservoir of *God Moments* from which to draw during hard times and to share with others!

It is available to all who desire it.

Will you join me in praying this to our Father in heaven?

Father God, please help me to live in the conscious awareness of Your love and care; that You—my great, powerful, kind, merciful and gracious Creator are truly with me, whether I feel You or not. Thank you for the amazing privilege of actually being able to feel Your sweet presence at times.

I ask that you increase my awareness of You so that I will not lose heart during difficult times, and so that my life will bring You more glory!



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Additional Help

[How to Go Deeper with God, God's Way](#)

[How to Know What God is Saying to You](#)

[Creation: God's Revelation of Himself](#)

[Going Down Memory Lane WITH Your Savior](#)

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