



# **RENEWING OUR STRENGTH**

**A practical guide to realigning our  
lives to the presence of God.**

**revive  
me.**

# **Experience Revival by connecting with God's presence in the midst of life's problems.**

There are times in our lives when God can seem far away, even unnoticed of our pain and weariness. In those times, life can feel confusing, scary, and overwhelming. In those moments, it is helpful to seek God in the same ways we see so many men and women do throughout scripture.

A few minutes of experiencing God's presence can significantly change our perspective, passion, and priorities. His presence can make us feel different before our circumstances change.

A simple way to connect with God is to pour out our problems and feelings to him, then drink in his presence, and finally re-enter life with him. This three-step process follows a prayerful metaphor of moving from God's feet, to his lap, and then his shoulders.

Ready to get started? Grab a Bible, pen, and journal. Put away your cell phone. Find a space where you can't be alone with God for 30 to 40 minutes.

## **WORSHIP PLAYLISTS**



**Spotify**



**Apple Music**

# STEP 1: POUR OUT YOUR PROBLEMS AT GOD'S FEET

Take a brief minute to invite the Holy Spirit into your heart, and then list everything troubling you in your journal and how each is affecting you.

You might feel tempted to justify yourself before God or make a case to him to come to your aid. Let those impulses pass you by. Just keep writing until there is nothing more to write. When everything that is burdening your heart has been expressed on the pages of your journal, reread it from the beginning.

Add anything that needs to be added, and correct anything you feel needs to be corrected. Then grab your Bible, read Philippians 4:6-7, and do what it says.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Present all of your anxious thoughts to God. Lay them at his feet as a prayer offering. As you pray about each thing, release it to him without judgment or shame.

# **STEP 2: DRINK FROM GOD'S PRESENCE ON HIS LAP**

Take a break, grab some water, compose yourself a bit, and then head into worship. If you don't have one, go to Spotify or Apple Music and search for Chapel Music Fellowship.

Use this time to connect with God's presence, not your problems. Let his thoughts and emotions flow into your personal space. You might feel a peace or a joy that doesn't fit your circumstances. You might also have thoughts, pictures, or Bible verses that come to mind. Allow your mind to linger in them without analyzing them. Just let them come to mind.

After some time of just being with God, imagine transitioning from kneeling at his feet to sitting in his lap like a child might do. God's lap is a safe place. It is a place where we can relax and be ourselves. It is a place of personal interaction. From that space, ask God if there is anything he wants to say or give you.

Have your Bible handy and flip to any passage you feel led to go to, whether or not it makes sense. Let God lead your mind and heart. Welcome his thoughts.

When you feel that time is winding down, grab your journal again and write down what you felt you experienced. Take those experiences to God's word and to him in prayer to confirm or correct them. It is also helpful to share them with a trusted Christian friend who can help you hear from God. Sometimes, we hear a word or phrase; other times, we might see a picture in our mind's eye; other times, we may be led to a Bible verse or strong feeling. Those are biblical expressions of what God does in the lives of the people who seek him. When we experience them, we often feel a dramatic sense of gratitude, humility, and hope.

# **STEP 3: LIVE FROM GOD'S PRESENCE ON HIS SHOULDERS**

After spending time on God's lap, we can climb on His shoulders as He stands up to walk us back into our lives. If the first step is about surrendering our troubles, fears, and doubts to God, and the second is encountering God's voice and heart, then the third step is about aligning ourselves to walk with Him back into our lives in a new way.

It is a time when we read Proverbs 3:5-6, write down what God wants us to do with Him, and determine what His part is and what our part is. It is a time when we repent or realign from wrong thinking and hurtful thoughts to embrace the truth of how God sees our situation and the actions He calls us to take. Walking with Him back into life is a walk of faithful dependence on Him and can be scary because we are allowing Him to have control of our lives.

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

This exercise can be clunky, awkward, or even silly at first. However, doing it a few times can help us process our feelings with Him and hear from Him at the point of our greatest need.