



When You Enjoy God's Presence

What does it mean to simply enjoy God? Not to petition him for answers, or press him for direction, or prove yourself worthy of his company—but to delight in him, rest in his nearness, and receive the fullness of who he is?

It is one of the oldest questions buried inside us. And yet, we so easily hurry past the answer. We settle for information about God when what our hearts crave is encounter with him. We seek what he can give us and forget the gift of his presence itself.

Today, the invitation is simple, and it is ancient: enjoy God. Let him enjoy you. Let the joy be mutual, unhurried, alive.

In a recent prayer for us, I heard God speak:

"Enjoy freshness, new life, revitalization. To enjoy me is the oldest question, the question buried deep within you—and its answer is one

you've always known. For you know me—let me show you how you know me. And to know me is to enjoy me, for I am loving you.

Enjoy my gaze, for I love to look on you. Enjoy my touch, for I reach out to you and your heart feels it. Enjoy my voice, my words, my promises, my love songs.

I love to sing over you. I love teaching you the words to old and new songs to sing.

Enjoy color and movement. Enjoy stillness, too. Enjoy the riches of my company. I am here. I love to be with you."

So, today, let's spend time with God in this: not striving to hear from him, but simply learning to enjoy him—and letting him show us that he enjoys us, too.

Are you ready?

Find a quiet place where you can be alone—ideally for thirty minutes, though even ten is a gift. Get comfortable. Set aside your phone, your list, the open tab in your mind. This time is not small. It is not rushed. It is holy ground.

Let your shoulders relax. Let your hands lie open in your lap. Close your eyes, if you'd like, and begin breathing deeply in a box pattern:

Inhale for a count of four: I love you.

Hold for a count of four.

Exhale for a count of four: I love you.

Hold for a count of four.

Notice how you are breathing. Notice where tension is living in your body—your jaw, your chest, the place behind your shoulders. Don't judge it. Just notice.



Now give all of it to God—every weight, every unfinished thing, every name on your heart:

Lord, I give you my thoughts...

I give you my worries...

I give you everything that is asking for my attention right now.

Consecrate this time to God. Speak this prayer aloud, if you are able:

Lord... I set apart this time for You. I quiet the noise and give You my full attention. Come and fill the space around me—and within me—with Your freshness, Your new life, Your revitalizing Spirit. I want to meet You here. Everything else can wait. You are my joy, my renewal, my peace.

Now, with your hands open and your body still, listen as God speaks over you. Read these words slowly, as many times as you need. Let them settle like a gentle breeze through your soul.

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Stay here for a moment. What word or phrase landed most deeply in your heart?

Lord, I heard...

And my heart responded because...

Read these verses slowly—not to study them, but to let them wash over you. Let their rhythm match your breathing. God is not far. He is singing over you now.

"You make known to me the path of life; in Your presence there is fullness of joy." — Psalm 16:11

"Delight yourself in the Lord, and He will give you the desires of your heart." — Psalm 37:4

"My soul will be satisfied as with rich food, when I remember You and meditate on You in the night." — Psalm 63:5–6

"The Lord your God is in your midst... He will rejoice over you with gladness. He will quiet you by His love." — Zephaniah 3:17

Which verse feels like water for your thirsty places today? Linger there.



Lord, this verse touches me because...

Before you move on, let Holy Spirit bring you to honesty. Speak this prayer, or let it open into your own words:

Father... I confess how often I've hurried past Your presence. I've looked for answers, for direction, for control—but forgotten the simple joy of being with You. Forgive me. Quiet my striving. Teach me again to rest in Your nearness. To know that You are gazing on me with love, not expectation. Restore the joy of intimacy with You. I lay down every weight and open my heart to delight in You.

Where do you long to feel freshness or revitalization today? Tell him now.

Lord, I am weary of...

And I am longing for...

Stay in this encounter as long as you can. Use these questions to guide your journaling or your silence with God:



What word or phrase from God's message drew your attention the most? Why do you think your heart responded to it?

How do you imagine God looking on you right now? Does the thought of His delight feel natural—or does it surprise you?

What would it look like to enjoy God's presence in your ordinary day—in your work, your rest, your laughter, your quiet moments?

If you can, take a few minutes when this reflection ends. Find something to write with—or a blank page.

Ask God: "Show me what it means to enjoy Your gaze." Then draw it, paint it, describe it in words, or write a prayer-poem. Let His Spirit lead your imagination. See the colors, the emotions, the tenderness of His love.

When you are done, close by writing:

"Lord, I enjoy You today because..."

Let your answer flow straight from your heart.

Rest here for a while longer if you like.

God is not in a hurry to leave. He delights to be with you. You are His joy.

Amen.

Worship Ideas:

- "In the Garden," Addy Prado

[Spotify](#) | [YouTube](#)

- "Good Good Father," Chris Tomlin, Pat Barrett

[Spotify](#) | [YouTube](#)



- "Fall Afresh," The Worship Initiative, Dinah Wright, Robbie Seay
[Spotify](#) | [YouTube](#)
- "Love Note," UPPER ROOM, Abbie Gamboa
[Spotify](#) | [YouTube](#)

