

Tips for Encountering Jesus

- Occupying our hands helps to quiet our mind so we can hear Jesus. Ask Him to meet with you as you knit, crochet, color, bake, cook or do a puzzle. (I love to talk with Him as I cook.)
- Use notecards to write verses of encouragement you can turn to when feeling alone. Ps 145:18-19; Mt 11:28-30; Ps 139:7-10; James 4:8.
- Take a walk in nature and observe creation around you. Thank God for what your eyes see. (This is my favorite way to encounter Jesus.)
- Take a break from social media for a day. Each time you feel the urge to check in, pray. Ask God for reminders of His love for you.
- Listen to worship music through out your day. Place the words that touch your heart on your bathroom mirror. My favorites: "Haven't Seen It Yet" by Danny Gokey, "My Jesus" by Anne Wilson; "Alive & Breathing" by Matt Maher.

The background of the entire page is a lush green scene. At the top, there are several bright green leaves with visible veins, some showing slight redness at the stems. Below these, the background transitions into a soft-focus field of tall green grass. A light grey rectangular box is centered in the upper half of the image, containing the title and a list of tips.

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- Grab a blanket, find a quiet place, set a timer for 10 minutes and sit in the silence and just be. Ask God to reveal Himself to you.
- Journal your thoughts to Jesus for 10 minutes. When you're done lay the paper before Him. Thank Him for listening to your thoughts and concerns. Release them into His hands.
- Light a candle, soak in the tub and clothes your eyes. Allow the steam to ease your tight muscles and ask Jesus to bring refreshment to your mind and body so you may see Him clearly.
- Gather with friends and study God's word together. Where two or three gather together in Jesus' name, He is with you. (paraphrased from Mt 18:20) Learn from each other and encounter Jesus through the eyes of friends.
- Listen to the Bible. You can use the YouVersion Bible App. Having Scripture read to us brings a new awareness of the presence of God.