

How to practice having conscience contact with God throughout your day

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1. Begin each day conscious of God.

When you first wake up in the morning, focus on God. This can be accomplished in various ways:

- Meditate on a passage of inspirational literature.
- Chant or repeat a particular word or phrase.
- Create a positive visualization — Imagine God's Goodness, blessings, kindness, and compassion flowing into you like fresh water from a spring.

2. Read Spiritual or Inspirational Literature.

Ask God for spiritual insight from whatever you are choosing to read and to teach you during the day what you need to know from that verse. By doing this, you will find greater spiritual depth in applying God's Word to your daily activities.

3. Pray.

Each morning strive to do God's will and align your will with His: God, how would you have me be? What would you have me do?

Pray for your needs and the needs of others.

Throughout your day, speak to God and ask Him for guidance.

Tell Him your innermost thoughts. Ask Him for help in every difficulty. Nothing is too small to matter; nothing is too great.

4. Do a moral inventory and share it with another person.

Commit to working on your character defects daily.

What actions can you take to improve your relationships?

Set aside a specific place and time for prayer, meditation and introspection. Early morning or late at night when it is quiet is best. Whatever time you set, keep it consistently. Use the time to review your previous day in terms of your character defect. Focus on how your practice of this character defect affects others in your life.

On awakening every morning, remember the character defect on which you are currently working. Recite the phrase that you found to help you remember that trait.

Only work on one character trait per week.

Keep a journal in which you record an incident or two from the day that showed when you did (or did not) apply the character defect of the week.

Record all thoughts and experiences that relate to that particular quality.

Focus especially on the role it played in shaping your thoughts, words or deeds.

Examine your motives in each thought or act.

If you find resistance in particular cases when you meet people, take a good, hard look at that resistance.

- Where is it coming from?
- Is it serving you?
- Do you want to have your (inner and outer) life governed by that motivation?

Ask God to remove these defects and replace it with the opposite, God-Centered trait.

Think about how you would like to act. For example: Visualize yourself acting with patience, tolerance kindness, compassion and love to others.

Positive Visualization Exercise:

Take a blank piece of paper and divide it into three columns:

- **Column 1:** write the character asset you would like to acquire.
- **Column 2:** list the actions or emotions you imagine connected with the character asset.
- **Column 3:** write a role model that possesses this character asset.

Now, review the list and imagine yourself feel the emotions in column 2, and if you have a role model, picture the actions of this role model to increase the guidance for column 2.

In time, the efforts we make to steer our behavior through self-restraint will trigger internal change. This action will bring our outer life closer in line with our inner life.

5. Keep a “commonplace book” in which you write quotable passages from books that you are reading along with your reflections on those passages. Record phrases that you find in your reading that you can recite to help you to keep your character defect.

6. Keep a journal with 2 columns to remember when God was there for you.

• **Column 1: Gains from glitches:** What did not go well today? What did you gain from this otherwise uncomfortable feeling or event? What is the positive aspect of this difficulty?

• **Column 2:** Moments of inspiration: When was God there for you today? Write daily on at least one incident when you got what you needed when you least expected it.

7. Cultivate an attitude of gratitude

Put aside all the cares and pressures of the day and focus on being grateful for everything you have.

8. Pause

Make time throughout your day to be still and to be quiet before God.

9. Emulate God:

Be of service and carry the message. What did you do for others today?

God, what can I do today for the man who is still sick?

How can I best serve Thee? Thy will (not mine) be done.

10. At the close of the day, take a moment to concentrate on feeling God's presence.

Thank Him for how He has led you in that day. Meditate or repeat an inspirational phrase or word and strive to have your last conscious thoughts of the day be on spiritual matters.

How do you practice having conscience contact with God throughout your day?

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