



**THE
PROMISE**

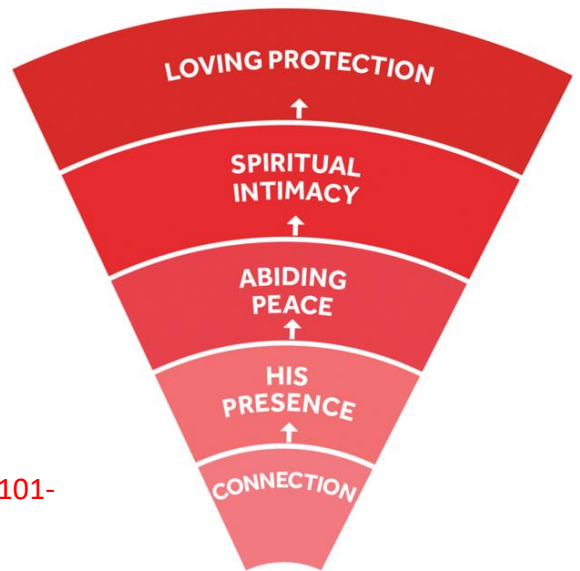
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The pathway of peace

Learning to 'abide'

When we learn how to open ourselves to God's constant **presence**, He pours **peace** into us. With it, we experience an **intimacy** that brings a stillful rest to our soul. This helps us respond to life from a place of calm security that knows, trusts and depends on His **love and protection**.

For further information, see pages **29-34** and **101-113** of The Promise - and how to live it.



Application

NOTICE

This week, pay attention to your internal stress levels and notice the impact this has. Notice when you are present and when you are lost in thought.

INVITE

During those times, ask God to activate your awareness of His presence with you. Every day reflect on how often you make this connection with Him. Regularly invite it, with reminders at the beginning, during and end of your day.

RECEIVE

Dwell in His presence when you recognise it. Don't rush past it. Allow this to rest and bring you intimacy with God. What impact does it have? Knowing this, what do you plan to start, stop or continue?

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'My presence will go with you and I will bring you rest.'
Exodus 33:14