

Basking

Fully aware and reveling in the presence of God

By: Amy Terry

www.RefocusedBibleStudy.com

Sister Friend,

When was the last time you got goose bumps from the realization of the steadfast presence of God in your midst? Was it lately? Or so long ago, you had to stop and think? Either way, this devotional was created to help you set aside a season to practice a continual awareness of the presence of God.

Last summer I had a “basking” in Jesus’s presence moment on a sunny beach in North Carolina. I had been seeking God about a decision I needed to make very soon but I had not received a clear answer. I had called all my closest family and friends and sought their advice, but I was still feeling conflicted.

I laid on the beach, quiet and still. I heard the God-made rhythm of the waves roll in and out. I felt the warmth of the sun on my skin, the gentle, steady breeze, the gritty sand beneath my toes. I smelt and tasted the salt and sweat. I was fully aware of the setting around me. But yet, as I became so very still, I was fully aware of the presence of Jesus. So very aware, that I felt as though he was sitting right beside me.

We know from his word that this is always the case. He has promised many places in scripture that he would always be with us.

“And be sure of this: I am with you always, even to the end of the age.” Matthew 28:20

Are we really walking around daily being sure of his presence? I know I haven’t been. But I know I am ready to. I’m ready to put down my phone and be fully engaged in my surroundings.

I’m ready to not just have “quiet times” in the mornings, but to form a practice of being still during my days. I want to soak him in and document where I’ve noticed his glory, which is all around us.

This devotional journal is a tool to take with you wherever you go this summer as you drink him in. I’ve prepared it with a daily verse and insight to get you started, and the rest is up to you.

It will encourage you to use the physiological senses God gave you everyday to see, hear, smell, touch, and taste the presence and goodness of God. Pause and write in it everyday when you would otherwise zone out, or pick up your phone to browse. Be present in his presence. Experience him in the glory all around you that we have all become numb to.

As you fully submerge yourself where you are at the moment, aware of God’s presence, you will see, hear, smell, feel and taste his goodness on levels that will deepen your

relationship with him, leading to greater intimacy with him. Reflect and write down any guidance he gives you through this closer walk with him.

On the beach last summer, when I became so keenly aware of his presence, the answer I had been seeking suddenly became crystal clear in light of his presence. I almost said “Duh” to myself afterwards. I imagined Jesus sitting right there beside me on the next towel over. I am confident he will reveal answers to questions you have been praying as well as you practice his presence during the next few weeks.

These moments don’t have to be still. They can be recordings of what you have experienced during invigorating activities or busy days. Save thoughts and write them down as soon as time allows. The main idea is to drink him in wherever you are, all the time.

I pray you bask in his presence this summer like never before,
Amy

A Commitment to Bask

Initial before each suggestion you decide to commit to and sign at the bottom of this page before you begin this journey. Pray through which commitments are needed and realistic for this season of your life. Then pray and ask God to help you stay true to these commitments and experience him this summer like never before.

_____ I commit to signing off from social media/phone browsing the whole summer.

_____ I commit to getting on social media intentionally because for this good purpose: _____

Guidelines/times of use decided upon:

_____ I commit to being fully present where I am to experience the presence of God through the senses he gave me.

B.A.S.K

Acronyms can be very helpful when preparing to interact with God's word. Sitting down to read the bible can be overwhelming. There is a time to swallow big chunks of it and there is a time to nibble on little bits. This summer study is a little bit nibbling experience. Ingest a verse a day, reflect on it with this method, and chew on it the rest of the day as you experience God through it.

B - Bible Verse: Write out the verse of the day.

A - Apply: How will you apply or put into practice or this verse today?

S - Seek: Seek God in prayer, asking him to help you experience him through thinking on this verse during the day and seeking him all day through it.

K - Keep notice. Document later how you have seen, heard, tasted, felt, or smelt evidences of God as you have basked in him throughout the day

Each week we will focus on one of the senses God gave us to experience Him. Let each week build upon the next, training your senses to become more and more aware of your creator through his creation and presence all around you.

See

Yet I am confident I will see the LORD's goodness while I am here in the land of the living. Psalm 27:13

B

A

S

K

See

God blesses those whose hearts are pure, for they will see God. Matthew 5:8

B

A

S

K

See

The heavens proclaim the glory of God. The skies display his craftsmanship.
Psalm 19:1

B

A

S

K

See

Then God looked over all he had made, and he saw that it was very good! Genesis 1:31

B

A

S

K

See

But blessed are your eyes, because they see; and your ears, because they hear.
Matthew 13:16

B

A

S

K

Hear

Your own ears will hear him. Right behind you a voice will say, "This is the way you should go," whether to the right or to the left. Isaiah 30:21

B

A

S

K

Hear

Ears to hear and eyes to see--both are gifts from the LORD. Proverbs 20:12

B

A

S

K

Hear

That is why the Holy Spirit says, “Today when you hear his voice, don’t harden your hearts as Israel did when they rebelled, when they tested me in the wilderness. Hebrews 3:7-8

B

A

S

K

Hear

And after the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was the sound of a gentle whisper. 1 Kings 19:12

B

A

S

K

Hear

Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends. Revelation 3:20

B

A

S

K

Hear

Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends. Revelation 3:20

B

A

S

K

Taste

How sweet your words taste to me; they are sweeter than honey. Psalm 119:103

B

A

S

K

Taste

Taste and see that the LORD is good. Oh, the joys of those who take refuge in him!
Psalm 34:8

B

A

S

K

Taste

Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation. Cry out for this nourishment, now that you have had a taste of the Lord's kindness. 1 Peter 2:2-3

B

A

S

K

Taste

...who have tasted the goodness of the word of God and the power of the age to come—
Hebrews 6:5

B

A

S

K

Taste

What we do see is Jesus, who was given a position "a little lower than the angels"; and because he suffered death for us, he is now "crowned with glory and honor." Yes, by God's grace, Jesus tasted death for everyone. Hebrews 2:9

B

A

S

K

Touch

His purpose was for the nations to seek after God and perhaps feel their way toward him and find him--though he is not far from any one of us. Acts 17:27

B

A

S

K

Touch

for she thought, "If I can just touch his robe, I will be healed." Mathew 9:21

B

A

S

K

Touch

He touched my lips with it and said, "See, this coal has touched your lips. Now your guilt is removed, and your sins are forgiven." Isaiah 6:7

B

A

S

K

Touch

Jesus felt sorry for them and touched their eyes. Instantly they could see! Then they followed him. Matthew 20:34

B

A

S

K

Touch

The Lord, the LORD of Heaven's Armies, touches the land and it melts, and all its people mourn. The ground rises like the Nile River at floodtime, and then it sinks again.

Amos 9:5

B

A

S

K

Smell

Their idols are merely things of silver and gold, shaped by human hands. They have mouths but cannot speak, and eyes but cannot see. They have ears but cannot hear, and noses but cannot smell. They have hands but cannot feel, Psalm 115:4-7

B

A

S

K

Smell

But thank God! He has made us his captives and continues to lead us along in Christ's triumphal procession. Now he uses us to spread the knowledge of Christ everywhere, like a sweet perfume. 2 Corinthians 2:14

B

A

S

K

Smell

At the moment I have all I need--and more! I am generously supplied with the gifts you sent me with Epaphroditus. They are a sweet-smelling sacrifice that is acceptable and pleasing to God. Phiippians 4:18

B

A

S

K

Smell

Then Mary took a twelve-ounce jar of expensive perfume made from essence of nard, and she anointed Jesus' feet with it, wiping his feet with her hair. The house was filled with the fragrance. John 12:3

B

A

S

K

Smell

Accept my prayer as incense offered to you, and my upraised hands as an evening offering. Psalm 141:2

B

A

S

K
