

LIVE HEAVEN HERE

Learning to Practice the Presence of God

"Prayer is learning to live heaven's reality while still walking through earth."

First: What Is Heaven?

When most of us think of heaven, we think of a destination. A place we'll go one day. The Bible certainly gives us that hope, but Jesus also speaks about heaven as a present reality breaking into our world through the reign of God. Heaven isn't defined primarily by streets of gold or the absence of pain.

Heaven is where God's presence is fully experienced and God's will is perfectly done.

It is a place of perfect love, perfect peace, perfect joy, perfect holiness, and perfect communion with God. That's why Jesus teaches us to pray:

"Your kingdom come. Your will be done. On earth as it is in heaven."

In other words:

"Father, let the reality of Your presence begin shaping my life today."

Second: Why Don't We Experience It?

The story begins in Eden. Adam and Eve didn't simply believe in God. They lived with Him. They walked with Him. Everything they needed flowed from His presence. They didn't visit God's presence. **They lived in it.**

Then sin entered the story. Humanity didn't just become guilty. We became disconnected from the Source of life **(nephesh)*. Instead of receiving life from God, we began trying to manufacture it ourselves.

We chase success, control, approval, comfort, achievement, and so many other things; always hoping that the next thing will finally satisfy us. But Jesus reminds us that life cannot be manufactured. It can only be received.

As He says in John 15:

"Apart from me you can do nothing."

Like branches connected to a vine, we were created to receive our life from Him.

Third: How Did Jesus Make It Possible Again?

Jesus' first announcement wasn't, *"I'm starting a new religion."* It wasn't, *"Try harder."* It was: **"The Kingdom of God is near."**

Where the King is, the Kingdom is present. Jesus came to restore what humanity lost in Eden. Not simply so we could go to heaven someday, but so heaven's life could begin transforming us today. That's why He tells us:

"Remain in me, as I also remain in you."
John 15:4

Notice what He doesn't say. He never tells the branches to produce fruit. He tells them to remain. Fruit is the result. Connection is the goal. The Christian life isn't about trying harder. It's about staying connected to the One who is life itself.

So... How Do We Live Heaven Here?

If you're anything like me, this all sounds beautiful. But it also raises a very practical question:

How do I actually remain connected to Jesus when real life happens?

How do I live heaven here while I'm sitting in traffic, responding to emails, changing diapers, meeting deadlines, doing homework, making dinner, or walking through grief?

The answer isn't by trying harder; it's by learning to **return**.

Throughout history, followers of Jesus have discovered something remarkably simple: We become more aware of God's presence by intentionally creating small rhythms that draw our attention back to Him throughout the day.

These rhythms don't earn God's love. They don't make God any closer than He already is. They simply help us remember what is already true: **God is with us.**

Think of them like a trellis that supports a growing vine. The trellis doesn't produce the fruit. It simply creates the conditions for healthy growth. In the same way, these practices don't produce spiritual life. **Jesus does.**

They simply help us remain connected to the One who is Life. The following rhythm is one simple way to begin practicing the presence of God each day.

Rule of Life

Christians have used the phrase **Rule of Life** for centuries. The word *rule* comes from the Latin word *regula*, meaning a guide or trellis. Just as a trellis supports a vine so it can grow and bear fruit, a Rule of Life is simply a set of intentional rhythms that help us stay connected to Jesus. It isn't about earning God's love; it's about creating space to enjoy the relationship we've already been given.

Before we talk about what to do each day, remember this: **Don't try to live for Jesus before you've learned to live from Jesus.** Everything that follows isn't about becoming a better Christian. It's about learning to remain connected to the One who gives you life.

Practice the Rule of Life

Morning: **Receive**

Pray: *"Father... Your Kingdom come... Your will be done... in me today. Help me to open my eyes to where You're already at work around me. Today I receive my life from You."*

Midday: **Return**

Pray: *"Father... Where have I been living from Your Kingdom and where have I been living from mine?"*

- *Where have I been anxious?*
- *Where have I been controlling?*
- *Where have I been impatient?*

"Jesus... I return. Not because You've left me, but because I've drifted. Help me remain."

Evening: **Release**

Pray: *"Father... I release what I cannot carry into tomorrow."*

- *Where did I notice Your life today?*
- *Where did I resist You today?*

"Thank You that Your mercy is new tomorrow. I trust You with what's ahead. May Your Kingdom come... May Your will be done... In me... As it is in heaven. Even while I sleep. Amen."

Reflection Questions

Morning: Where do I need God's life today?

Midday: Where have I drifted?

Evening: Where did I notice God?

Take just a minute to answer these questions each day. Don't worry about getting it "right." Simply notice where God is inviting you to remain with Him.

Book Recommendation

[The Practice of the Presence of God](#)

by Brother Lawrence

One of the most influential books ever written on the Christian life is also one of the shortest.

Brother Lawrence was a 17th-century monk who didn't become known for preaching sermons or writing theology. He became known for learning how to experience God's presence while doing ordinary, everyday tasks... even washing dishes in the monastery kitchen.

Over time, he came to a simple but profound realization: **God's presence wasn't absent. His awareness was.** That insight changed his life.

This little book is a collection of his conversations and letters about learning to live with a continual awareness of God's presence. It isn't about escaping everyday life; it's about discovering that God is already present in the middle of it.

Read it slowly. Don't try to finish it in one sitting. Read a few pages at a time, pray, and practice what you're learning.

Scripture for the Week

Monday- [Matthew 6:9-13](#)

Begin the week by returning to the prayer that shaped this message. Notice how Jesus invites us to seek God's Kingdom and His will before anything else.

Tuesday- [Genesis 2:7](#)

Remember where the story began. God breathed His life into humanity, reminding us that we were created to receive life from Him, not manufacture it ourselves.

Wednesday- [Luke 10:38–42](#)

Mary and Martha remind us that life with Jesus begins by being with Him. Before we do for Him, we learn to sit with Him.

Thursday- [Psalm 16](#)

David reminds us that true joy isn't found in our circumstances but in God's presence. Ask yourself where you've been looking for life this week.

Friday- [Colossians 3:1-4](#)

As followers of Jesus, our lives are now rooted in a greater reality. Let heaven shape how you think, respond, and live today.

Saturday- [Galatians 5](#)

Fruit isn't something we force. It grows naturally as we walk with the Spirit. Notice the kind of life God desires to produce in you.

Sunday - [John 15:1-8](#)

Read Jesus' invitation slowly. Count how many times He says "remain" or "abide." Ask Him what it means to stay connected to Him this week.

Remember, this isn't a seven-day challenge. It's an invitation to a lifelong relationship.

Continue Exploring: If You Want to Learn More About...

The Kingdom of God

- [Matthew 4:17](#)
- [Matthew 13:31-33](#)
- [Luke 17:20-21](#)
- [Romans 14:17](#)

Discover what Jesus meant when He spoke about God's Kingdom.

Remaining in Christ

- [John 14:15-27](#)
- [John 17:20-26](#)
- [1 John 2:24-28](#)
- [Jude 20-21](#)

Explore what it means to abide in Jesus and live in His love.

The Presence of God

- [Exodus 33:12-23](#)
- [Psalm 27](#)
- [Psalm 63](#)
- [Psalm 84](#)
- [Hebrews 13:5-6](#)

See how God's people have always longed for His presence.

Living by the Spirit

- [Ezekiel 36:26-27](#)
- [Romans 8:1-17](#)
- [Galatians 5:16-26](#)
- [Ephesians 5:15-21](#)

Learn how God's Spirit empowers us to live the life we could never produce on our own.

Rest and Trust

- [Psalm 23](#)
- [Isaiah 30:15](#)
- [Isaiah 40:28-31](#)
- [Matthew 11:28-30](#)
- [Hebrews 4:9-16](#)

Discover the invitation to stop striving and learn to rest in God's care.

Practicing God's Presence

- [Deuteronomy 6:4-9](#)
- [Psalm 139](#)
- [John 14:23](#)
- [Acts 17:24-28](#)
- [Colossians 3:15-17](#)
- [1 Thessalonians 5:16-18](#)

See how Scripture calls us to cultivate an ongoing awareness of God's presence in everyday life.

*Digging Deeper: What Does It Mean to Love God with All Your Soul?

When Jesus calls us to "love the Lord your God with all your heart, soul, mind, and strength" (Matthew 22:37), it's worth asking: **What does He mean by "soul"?**

The Hebrew word behind this command is *nephesh*. Many of us think of the soul as simply the invisible part of us that goes to heaven when we die. But in the Old Testament, *nephesh* often means something much richer. It describes a **living being**. It's describing our whole life as it is animated by the breath of God. (Click [here](#) for a deeper dive into the word *nephesh*.)

The first time the word appears is in Genesis 2:7:

"Then the LORD God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being."

That phrase **"living being"** here is the Hebrew word *nephesh*.

Adam didn't simply receive something called a soul. **He became a living being because God breathed His life into him.** Dust became alive because it was filled with the very breath of God.

That changes how we hear Jesus' words.

When Jesus is talking about loving the Lord with all our soul, maybe He isn't talking about one more compartment of our lives. Maybe He's talking about the very source of our lives; the deepest place from which everything else flows.

In other words, loving God with all our soul isn't simply believing the right things about Him or adding another spiritual discipline to our lives.

It's learning to receive our life from Him.

Just as Adam's first breath was received, every moment of the Christian life is an invitation to receive our life from the One who still gives it.

As Jesus later says:

*"I am the vine; you are the branches... apart from me you can do nothing."
John 15:5*

Branches don't manufacture life. They receive it.

Perhaps that's one of the deepest meanings of loving God with all our soul: **living every day from the life He continually gives rather than trying to manufacture life on our own.**

A Final Encouragement

If all of this feels like a lot, don't try to do everything this week. Just begin.

Choose one rhythm. Read one passage of Scripture. Pray one simple prayer. Pause one extra time to become aware of God's presence. Remember, the goal isn't to become more religious. The goal isn't to pray longer prayers. The goal isn't to try harder. **The goal is to remain.**

Jesus never told the branches to produce fruit. He simply invited them to stay connected to the Vine. The same invitation is extended to you today.

So this week... Receive His life. Return when you drift. Release what you cannot carry.

And trust that as you remain in Him, He will faithfully produce the fruit that only He can grow.

*"Remain in me, as I also remain in you... If you remain in me and I in you, you will bear much fruit."
John 15:4-5*

May we become people who don't simply hope for heaven someday... but who, by God's grace, learn to live heaven here.

Go Live Heaven Here

As you leave this page and step back into your ordinary life, remember this:

God isn't waiting for you somewhere else. He is with you. In your workplace. In your home. In your conversations. In your joys. In your disappointments. In the quiet moments and the busy ones. You don't have to manufacture His life. **You only need to remain connected to the One who is Life.**

So this week... Receive His life. Return when you drift. Release what you cannot carry.

And may the prayer Jesus taught become the prayer you live:

Father...

Your Kingdom come.

Your will be done.

In me...

As it is in heaven.

-Amen

Go... and live heaven here!