

Finding God in the Ordinary

PRACTICAL WAYS TO NOTICE GOD'S
PRESENCE IN EVERYDAY MOMENTS

*Most of life is not made of mountaintop moments.
That does not make it spiritually empty.*



Start by Paying Attention

God does not only meet us in church buildings, retreats or unusually peaceful prayer. He meets us in kitchens, commutes, work deadlines, school pickup, hospital rooms, grocery aisles and ordinary conversations.

The practice is simple: slow down enough to notice.

Five Places to Look

Beauty: Something created that wakes you up to gratitude.

People: An unexpected kindness, a hard conversation, a chance to serve.

Interruption: The moment you did not plan but may be asked to receive.

Work: A task that can become an offering when done with care.

Need: Your own limits or someone else's need that opens a place for grace.

A Daily Noticing Practice

- 1.** Pause once in the middle of the day.
- 2.** Name one thing you can see, hear, touch, or smell.
- 3.** Ask: What is this moment asking of me?
- 4.** Thank God for one concrete gift.
- 5.** At night, write down one place you noticed grace.

Reflection

Today, I noticed: _____

I felt most alive when: _____

I felt resistance when: _____

Someone who revealed goodness to me: _____

A small moment I don't want to forget: _____

God, help me to be present to: _____
