

## Finding God in All Things

### Reading:

You will seek Me and find Me when you search for Me with all your heart.  
(Jeremiah 29:13)

I turn my thoughts to the Lord my God, in whom we move and live and have our being. I think of how seeing His presence in everything can change my life.

### Prayer:

I pray to God to strengthen in me the desire to look for Him and help me learn to find Him in all things.

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“As I considered my stress level, this stop sign appeared, reminding me that God is indeed found in all things.”



“Found this little fellow on the steps of the church one Sunday morning crying. The first thing that came to mind was ‘The Lord Hears the Cry of the Poor.’ After Mass he was picking at his little instrument, singing at the top of his lungs, while his sister danced. There was a small plastic cup for donations between them. Do we hear the cry of the poor?”



I find God through my dog Harley. When I make mistakes others judge me, but he does not.”

**I Reflect:**

- Reading the verse from Jeremiah and thinking of my desires, do I find in myself the wish to feel God's presence, to find Him, both in the ordinary and extra ordinary things of life?
- Can I think of a time when I found God in unlikely situations or experiences? Did it occur to me that maybe it was He who was drawing my thoughts towards Himself?
- Looking at the pictures (previous page) of when others felt God's presence, would I have seen God in this type of situation?
- What thing, place, person or situation almost always helps me find God? What can I do make myself become more aware of God's presence in my daily life?

**Dialogue:**

I still myself to listen to what Jesus may be saying to me. And I share with Him what came up for me during this time of prayer.