

*A Jesus Calling®*

GUIDED JOURNAL

*Life* IN HIS  
*Presence*

Sarah  
Young

**Sampler**

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## Introduction

Dear Reader,

May the pages of this book help you grow a deeper relationship with God and learn to experience peace in the presence of our Savior.

I have written from the perspective of Jesus speaking to you, the reader, to help you feel more personally connected with Him. So the first person singular (“I,” “Me,” “My,” “Mine”) always refer to Jesus; “you” refers to you, the reader. I’ve included Scripture references with each devotion, and I encourage you to read both—slowly and prayerfully.

This selection of much-loved devotions from *Jesus Calling*® alongside journaling prompts and space for reflection will help you look forward to your time with the Lord. Experience a deeper relationship with Jesus as you savor the presence of the One who understands you perfectly and loves you forever!



*Sarah Young*

For He Himself is our Peace.

EPHESIANS 2:14, NKJV





## Anxiety and Fear

In addition to all this, take up the shield  
of faith, with which you can extinguish all  
the flaming arrows of the evil one.

EPHESIANS 6:16

BRING ME ALL YOUR FEELINGS, even the ones you wish you didn't have. Fear and anxiety still plague you. Feelings per se are not sinful, but they can be temptations to sin. Blazing missiles of fear fly at you day and night; these attacks from the evil one come at you relentlessly. Use your *shield of faith to extinguish those flaming arrows*. Affirm your trust in Me, regardless of how you feel. If you persist, your feelings will eventually fall in line with your faith.

Do not hide from your fear or pretend it isn't there. Anxiety that you hide in the recesses of your heart will give birth to fear of fear: a monstrous mutation. Bring your anxieties out into the Light of My Presence, where we can deal with them together. Concentrate on trusting Me, and fearfulness will gradually lose its foothold within you.

How do we hide from our fears or pretend they aren't there?

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What happens to worries, fears, and anxieties when we bring them to Jesus?

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Write out a prayer professing your trust in Jesus and releasing your fearfulness to Him.

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READ MORE: ISAIAH 12:2; 1 JOHN 1:5–7







## Every Moment

Pray continually.

1 THESSALONIANS 5:17

YOU NEED ME EVERY MOMENT. Your awareness of your constant need for Me is your greatest strength. Your neediness, properly handled, is a link to My Presence. However, there are pitfalls that you must be on guard against: self-pity, self-preoccupation,

*You need Me  
every moment.*

giving up. Your inadequacy presents you with a continual choice—deep dependence on Me or despair. The emptiness you feel within will be filled either with problems or with

My Presence. Make Me central in your consciousness by *praying continually*: simple, short prayers flowing out of the present moment. Use My Name liberally, to remind you of My Presence. *Keep on asking and you will receive, so that your gladness may be full and complete.*

Do you believe you need Jesus every moment? In what ways does your life reflect this belief?

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How does neediness “properly handled” link us to God’s Presence?

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How can you pray continually, even in the busyness of your day?

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READ MORE: PSALM 86:7; JOHN 16:24 AMP





## *Cease Striving*

“Woe to you, teachers of the law and Pharisees, you hypocrites! You shut the kingdom of heaven in men’s faces. You yourselves do not enter, nor will you let those enter who are trying to.”

MATTHEW 23:13

RELAX IN MY HEALING, holy Presence. *Be still* while I transform your heart and mind. *Let go* of cares and worries so that you can receive My Peace. *Cease striving, and know that I am God.*

Do not be like Pharisees who multiplied regulations, creating their own form of “godliness.” They got so wrapped up in their own rules that they lost sight of Me. Even today, man-made rules about how to live the Christian life enslave many people. Their focus is on their performance, rather than on Me.

It is through knowing Me intimately that you become like Me. This requires spending time alone with Me. *Let go, relax, be still, and know that I am God.*



“Cease striving, and know that I am God.” Why must we cease striving in order to know that God is God? Are there areas of striving you need to release to Him?

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Are you striving with a man-made rule? How can you seek out God’s rule instead?

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Take time to “let go, relax, be still, and know that I am God.” Use this space to reflect on your experience.

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READ MORE: PSALM 46:10 NASB; 1 JOHN 3:2





## *Distractions and Worries*

For God is not the author of confusion but of peace, as in all the churches of the saints.

1 CORINTHIANS 14:33 NKJV

LET THE DEW OF MY PRESENCE refresh your mind and heart. So many, many things vie for your attention in this complex world of instant communication. The world has changed enormously since I first gave the command to *be still, and know that I am God*. However, this timeless truth is essential for the well-being of your soul. As dew refreshes grass and flowers during the stillness of the night, so My Presence revitalizes you as you sit quietly with Me.

A refreshed, revitalized mind is able to sort out what is important and what is not. In its natural condition, your mind easily gets stuck on trivial matters. Like the spinning wheels of a car trapped in mud, the cogs of your brain spin impotently when you focus on a trivial thing. As soon as you start communicating with Me about the matter, your thoughts gain traction and you can move on to more important things. Communicate with Me continually, and I will put My thoughts into your mind.

Read Luke 10:39–42. Martha was upset and distracted by many things. What are the things that worry and distract you?

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God is the author of peace, even “in this complex world of instant communication.” How can we invite His peace into our lives?

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Write out a prayer asking God to fill your mind with His thoughts.

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READ MORE: PSALM 46:10; LUKE 10:39–42



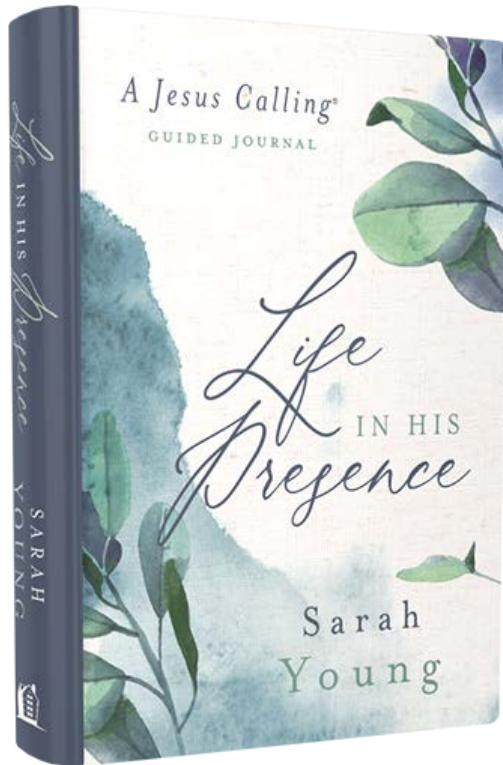
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