



Part 1 – “Awaken 100” To The Infinite

The very first Weekly Challenge of 2026 asked this question: How could constant awareness of God's presence change how we approach challenges? The challenge was to live every day with awareness that God is present (with you) and not allow the world and situations to define your thinking.

Today, this message is about living fully aware of God's presence. The goal is not to get more of God into my life, but to become more aware of the God who is already present in every part of my life.

Discussion Questions To Ponder:

- How much of my day am I living unaware of God who is already present?
- Do I mostly think about God during prayer, worship, or crisis—or throughout ordinary moments?
- Have I mistaken the absence of a feeling for the absence of God?
- What would happen to my relationships if I looked for the image of God in people before looking for what irritates me about them?

Weekly Reading

Genesis 28; Psalms 139:1-12

CHALLENGE & ACTION STEPS “SEE IT – EXPECT IT – PREPARE FOR IT”

Your Challenge for the next seven days is to train your attention. For the next seven days, practice five (5) intentional awareness moments each day.

1. AWAKE

- Before reaching for the phone in the morning, say: “God, You are here. Help me live aware of You today.”
- Then sit quietly for 60 seconds.

2. ATTACH AWARENESS TO ORDINARY HABITS (*Habit Stacking*)

- Choose three things you already do every day, such as: getting into the car, eating a meal, checking your phone, walking through a doorway, beginning work, washing your hands.
- Every time one of these things happens, pause briefly and say: “God, You are here.”
- This turns normal activities into reminders.

3. PAUSE BEFORE REACTING

- When something irritates, worries, surprises, or frustrates you, do not respond immediately. Use:
 P — Pause (Focus your attention on His Presence)
 A — Acknowledge: “God, You are here.”
 U — Understand: “Lord, what is happening in me?”
 S — See: “Lord, what am I missing?”
 E — Engage: “Lord, what response reflects Your presence?”

4. LOOK FOR GOD IN PEOPLE

- Once each day, intentionally ask: “What would change if I treated this person as someone carrying the image of God?” Then act accordingly. Encourage someone. Listen longer. Show patience. Offer grace. Help somebody.

5. REVIEW THE DAY

- Before bed, ask three questions: 1. Where did I notice God today? 2. Where did I forget God was present? 3. What might I notice tomorrow that I missed today? Then close your day with gratitude.