

# Just Be In Me

A Way of  
Knowing God



**O**ne should be careful when presuming to point the way to God. There are as many ways as there are people in this world. We are all unique and on a distinctive pilgrimage of life and faith. God meets each of us where we are and graciously beckons us into loving communion in a way to which we are able to respond. Only God, and your heart, the voice of your soul, knows the way that is best for you. I hope **Just Be In Me** will be a gift that will help you experience Ultimate Love and meaning. If it does not help, look elsewhere. The One Who Loves you will guide you Home.

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Experience  
of the Presence of God  
is delicate  
like a butterfly  
It is always a gracious gift  
given only to open hands  
willing to receive  
If you greedily grope for it  
it will elude your grasp  
Attempts to capture or control always  
end in frustration  
We can only receive from God  
never take

**Just Be In Me**  
is not a technique  
to get God to do anything  
It is a way of being present  
for the One  
who is already present for us  
It is not simply to be read  
but prayed and lived

If God  
seems distant  
be still and wait  
aware of the longing  
of your heart  
This holy longing  
is your sacred memory  
guiding you on the way Home  
to Ultimate Love

God will meet you on the way

You  
are created for love  
God is love  
The One  
in whom you live and move  
and have your being  
You are now  
this present moment  
in Love  
God longs for you  
You long for God  
  
Be Still and Know

Find a quiet place  
Let these words gently dwell  
in your mind

**Be still  
and know  
I am  
God**

Repeat them softly  
Allow their meaning to fill your soul

Do this for each of the following affirmations



**Be still**

**And know**

**I am**



**Be still  
and know**



**Be still**



**Be**

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# **Just Be in Me**

Just be in God  
If distracted from within or without  
quietly repeat the words

**Just Be in Me**

In the stillness

# **Look with love for the Presence**

Only your love  
may embrace  
The  
Divine

Find a

**Word**

or

**Affirmation of Affection**

such as “Abba” or “I love you”  
that expresses  
your longing for God

Allow it to  
dwell gently in your mind  
It will connect your feeling attention  
to the Great Love that is your  
heart’s desire

# Open Your Heart To God

**You don't have to say anything**

God knows you better than  
you know yourself  
God knows your needs  
before you ask

**Let prayer happen**

It occurs naturally  
when you are with God

**Speak from your heart**

If you do not feel moved to speak  
enjoy a quiet faith filled rest in God

**Allow  
your prayer  
to continue forever**

Every  
thought  
each word  
all you do  
is  
prayer

**You  
are always  
in the presence  
of God**

# Live in the Presence

This give ultimate meaning to life  
As you live through the day

remember

**Love**

A  
loving  
interior glance  
gives  
awareness  
of the Presence

**Your Word**  
or  
**Affirmation of Affection**  
A way  
to express your love

**The Moment**  
God dwells in  
the present moment  
Your past and future  
are the result of  
how you live  
each moment

**Live in the Presence**  
**Just Be in God Each Moment**

**Let  
Love  
Your Word  
The Moment  
Dissolve into God**

# **Just Be in Me**