**Practicing the Presence of Jesus in the Here and Now of your daily living**

For the Christian: Whether you are an extrovert or introvert are anywhere between these types being alone consistently is not ideal for anyone during this time of being quarantined. There are several things you can do during this time that are not just beneficial for the here and now but could help improve you in the future. Practicing the Presence of Jesus and self-introspection with Jesus. Yes, I know it is not ideal of fighting the aloness, but it can help. Practicing the Presence of Jesus is inviting Jesus to come and stay with you, do this verbally, speak it out say Lord Jesus come and spend this time with me. I welcome YOU Lord into my home. Then take some time imagining Jesus being physically present with you in your home. Then go about your routine allowing Jesus to do your routine with you. When you speak, speak out loud as to know Jesus is with you physically. Whatever you plan to do ask Jesus to do it with you. Do your own self-reflection and ask Jesus what He thinks about aspects of your life. THERE are two Biblical Truths to remember in doing this. Jesus said I will never leave you nor forsake you. You must believe this. 2nd one of the roles of Jesus is Wonderful Counselor do you believe He is the Wonderful counselor then allow Him into your deepest being. This is a good time for the introvert to ask Jesus why I like being alone. If you are the extrovert Jesus ask why you feel you need to be around people all the time, what does be alone mean to you. No this is not what your use to but if you believe what the scriptures say this is a good time to practice it.

Blessings as you thrive with Jesus.

**Holy imagination** is the image- making power of the soul. It is not bound by temporal time. **Holy imagination** is a spiritual tool, a doorway to the soul. It is replenished by **holy** words and the richness of images. It can help us to know the soul. **God** wants **us** to meditate and imagine ourselves and our loved ones in His loving protective promises. Purposely put His promises into your mind, use self- control to think on them. They will begin to play on the movie screen of your mind, your **imagination**.

When we are worried, stressed or fearful, we can pray to God and ask him to help us know what we are to do. He can calm us and send peace. If our worries are unwarranted, he can calm the anxious thoughts in our minds and help us refocus on what he needs us to be concerned about. God does not use fear tactics, though he can sometimes be very direct in answers. When God speaks, we will feel it in our hearts and minds. He speaks in terms of peace, not anxiety.

**I Will Never Leave You nor Forsake You**

[Deuteronomy 31:8](https://www.biblegateway.com/passage/?search=Deuteronomy+31%3A8&version=ESV) ESV

It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.”

[Hebrews 13:5](https://www.biblegateway.com/passage/?search=Hebrews+13%3A5&version=ESV) ESV

Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.”

[Deuteronomy 31:6](https://www.biblegateway.com/passage/?search=Deuteronomy+31%3A6&version=ESV) ESV

Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.”

Throughout history, no individual has ever had both human and divine natures. Jesus is exceptional: His uniqueness is first found in His incarnation, a miraculous act of God who came from heaven to earth and became a man. This supernatural work of God made Jesus fully human and wholly divine. Because of this dual nature, His life was filled with miracle after miracle, and that’s exactly what should amaze us.

During His earthly ministry, Jesus was known as a wise teacher and miracle worker ([Acts 10:38](http://www.christianity.com/bible/bible.php?ver=niv&q=acts+10:38)). His teaching was astonishing because He taught with authority ([Mark 1:22](http://www.christianity.com/bible/bible.php?ver=niv&q=mark+1:22)). There were at least [34 miracles Jesus performed](https://www.christianity.com/jesus/life-of-jesus/miracles/what-miracles-did-jesus-perform.html) recorded in the Gospel. Jesus can heal physical, emotional, and spiritual sicknesses as He has authority to forgive sins ([Matthew 9:6](http://www.christianity.com/bible/bible.php?ver=niv&q=matthew+9:6)); this points to His work of redemption. Jesus is also able to raise the dead and when He spoke, He created life ([John 11:43-44](http://www.christianity.com/bible/bible.php?ver=niv&q=john+11%3a43-44)); and this points to His work of creation. Both examples authenticate the attributes only God can have.

And ultimately, the good news of Jesus Christ is found in the miracle of His resurrection. Interestingly, Jesus Himself revealed to Martha, a portrait of restless humanity, that He is the resurrection and the life ([John 11:25](http://www.christianity.com/bible/bible.php?ver=niv&q=john+11:25)). This is the answer that every human has been searching for. The next miracle after His resurrection was His ascension, which is annually observed worldwide, to prepare an eternal home for us ([John 14:1-4](http://www.christianity.com/bible/bible.php?ver=niv&q=john+14%3a1-4)) and prove His authority over heaven and earth ([Matthew 28:18](http://www.christianity.com/bible/bible.php?ver=niv&q=matthew+28:18)).

Finally, we are now waiting for the second coming of Jesus, already promised to the disciples who marveled at His ascension ([Acts 1:11](http://www.christianity.com/bible/bible.php?ver=niv&q=acts+1:11)). On that glorious day of adjudication, all the world will see that the Son of God is truly the Judge of the living and the dead ([Matthew 25:31-46](http://www.christianity.com/bible/bible.php?ver=niv&q=matthew+25%3a31-46), [Acts 10:42](http://www.christianity.com/bible/bible.php?ver=niv&q=acts+10:42)).

As prophesied by Isaiah, Jesus, the Son of David, is filled with the spirit of wisdom and understanding ([Isaiah 11:2](http://www.christianity.com/bible/bible.php?ver=niv&q=isaiah+11:2)). Luke testified that Jesus continued to grow in wisdom and stature and in favor with God and men ([Luke 2:52](http://www.christianity.com/bible/bible.php?ver=niv&q=luke+2:52)). Moreover, Paul also attested that all the treasures of wisdom and knowledge are found in Christ, the mystery of God ([Colossians 2:2-3](http://www.christianity.com/bible/bible.php?ver=niv&q=colossians+2%3a2-3)).

This means that the secret things of God have been revealed in Christ and through Him we may know God and have a personal relationship with Him. In other words, we may never know God’s truth unless it is revealed to us ([Romans 11:33-34](http://www.christianity.com/bible/bible.php?ver=niv&q=romans+11%3a33-34)). Jesus is the perfect revelation of God ([John 1:18](http://www.christianity.com/bible/bible.php?ver=niv&q=john+1:18)) and He knows everything about everyone ([John 2:24-25](http://www.christianity.com/bible/bible.php?ver=niv&q=john+2%3a24-25)).

On another occasion, Paul even called Jesus the power of God and the wisdom of God ([1 Corinthians 1:24-30](http://www.christianity.com/bible/bible.php?ver=niv&q=1+corinthians+1%3a24-30)). We are made righteous and holy before God and saved by Christ’s work on the cross. This wisdom should lead us to repentance and humility ([James 3:13](http://www.christianity.com/bible/bible.php?ver=niv&q=james+3:13)). Wisdom, knowledge, and understanding come from the Lord ([Proverbs 2:6](http://www.christianity.com/bible/bible.php?ver=niv&q=proverbs+2:6)) and God is always ready to pour out His wisdom for those who humbly ask Him ([James 1:5](http://www.christianity.com/bible/bible.php?ver=niv&q=james+1:5)).

One of God’s characteristics is benevolent. In the Old Testament, David declared that Jehovah God is his helper ([Psalm 54:4](http://www.christianity.com/bible/bible.php?ver=niv&q=psalms+54:4), 118:7). It was an answered prayer for deliverance from his enemies. Through Isaiah, God also promised comfort and help for Israel from the idolatrous adversaries ([Isaiah 41:10](http://www.christianity.com/bible/bible.php?ver=niv&q=isaiah+41:10)).

While we live in this world, our enemy is not of flesh and blood, but of an evil spirit ([Ephesians 6:12](http://www.christianity.com/bible/bible.php?ver=niv&q=ephesians+6:12)). Most of the problems we have are spiritual, not just physical or emotional issues. A victorious life is only possible when the Spirit of God is with us. With the sword of the Spirit (i.e., the word of God), we can resist the evil.