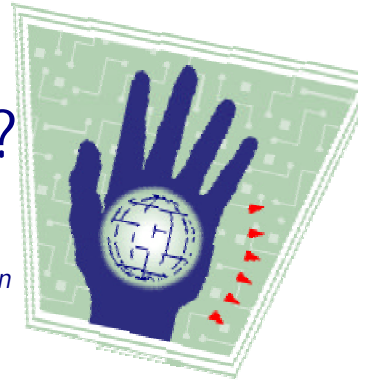


Are we always connected with God?

March 2005

The following are some of the thoughts generated during the discussion



STOP AND THINK:

At this precise moment, you have just taken a breath! Did you realise this? Feel your chest move when you take your next breath...does thinking about it make breathing more difficult to do? Breathing is something we do not consciously think about, until we are reminded of it. When this happens, we may even hesitate or lose a breath. In the same way, we are connected to God at all times, he is omniscient and present in everything we do and everywhere we go, but how often do we remember Him, connect with Him and turn to Him?

To what extent are we always connected with God and how can we further develop our connection and relationship with God?

Electricity is ever present and we have easy access to it, however we do not always utilise it. It is only when we need to switch on a light that the energy shines from above. Similarly, although God is omnipresent, we don't always benefit from His presence and only truly connect with Him when we focus our energy on Him. The only way in which we will benefit from His presence, is if we connect with Him. Many of us have 'best friends' and they are our 'best friends' because we know everything there is to know about them and they know everything there is to know about us: they understand our thoughts and feelings without us having to tell them. Similarly, the only way to connect with God is to develop a relationship with Him; to talk to Him, understand His message, and develop a desire to be with Him.

In what ways can we develop this relationship with God?

Try to keep Him in your mind: We often hear that happiness is related to thinking about the niceties of life. When we are happy, our smile shines through to others. Similarly, thinking of God and the Satguru creates a warm feeling and makes us happy and not only do we benefit from this happiness, but others also benefit.

Partake in prayer when you have time: Prayer is key to developing a relationship with God and is most effective when we know to whom we pray. Prayer will connect us with this omnipresent spirit.

Congregate in the company of God realised souls: Only regular attendance at a congregation helps to clear the cobwebs of misunderstanding and reinforce one's faith. In between congregations, speaking with God and about God to others will help you to strengthen your relationship with Him.

"As in any relationship, a relationship with God requires time and attention to develop. Your relationship with God will grow for the rest of your life"

(Crossroads fellowship)