

7 Simple +
Surprising Ways to
Connect
with God
in the
Overwhelm



Most of us long for a deep, vibrant relationship with God.

More often than not, we believe this kind of relationship comes chiefly through a series of consistent, structured activities like reading the Bible, praying, or attending church services.

But we also feel completely engulfed in expectations and responsibilities.

Adding in more of *anything* feels impossible.

In these seasons of overwhelm, **maybe connection with God is most powerful when it comes through a quiet pause,** rather than a complicated performance.



Through this list of suggestions, I invite you to connect with God, and check complexity at the door. Here, **we'll define connection with God as simply the recognition of and appreciation for God's presence.**

Connecting with God through our senses and surroundings, not only our mind or emotions, frees us to experience his presence in even the most mundane of days and circumstances. We are invited to remember that we are his beloved ones.

//A quick tip// One of the best ways to slow down in this speed-saturated culture is to **set a timer**. (For most items on this list, 5 minutes is perfect.) Having a hard ending point empowers us to sink deeply into the present, instead of mentally rushing ahead to the next responsibility.

/1/ Light a candle

This is my personal favorite. Mentally linking the act of lighting a candle with a recognition of the presence of God is both incredibly simple and deeply profound. There's a warmth, power, and comfort to this image.

/2/ Savor a snack—slowly

Mindless eating is so easy to default to in our busy culture—there's always something to do at the same time as eating!

But leaning into the sense of taste that God has given us through **a deliberate slowing down and appreciation of food**, even if it's just a few slices of apple, is a powerful way to recognize God's presence.



/3/ Listen to any favorite song

Choose **any song that moves you in some way**, whether into joy, lament, peace, or stillness. Ask God to give you a picture of himself during those 4ish minutes of listening. **Use your imagination to "see" God.**

For example, if the song contains a story, consider where God might show up in the narrative. If the song is instrumental, can you see God in creation? (Don't overthink it! Your imagination belongs to him.)

/4/ Curl up with a soft blanket (& without your phone)

Don't minimize this one. Choose a blanket with weight, or with a texture that relaxes you. For 5 minutes, let your soft covering remind you that you are *H E L D*.

If you have time, take a nap! There's something powerful in letting your thoughts linger on a good God while falling asleep.

/5/ Write out a quote

This could be something from scripture, or anything about God that you want to remember.

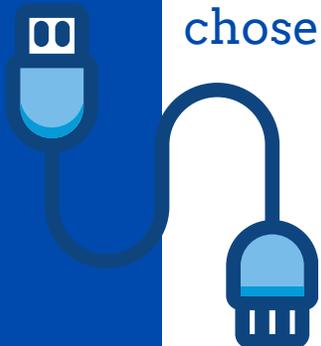
Write it with a pen or pencil on actual paper—taking the time to physically write words in longhand can solidify their message more firmly than typing or tapping them out.

/6/ Stretch

Honor the body God personally shaped for you with this one. Use each gentle + slow bend, reach, or twist to appreciate your body, both for what it can do and for the beauty built into it.

Many of us have been taught to downplay, criticize, fear, and punish our bodies and their needs. But our bodies are the very vehicles that God has chosen to indwell through his Spirit.

Part of honoring the Creator is respecting and valuing his creation.



/7/ Visualize Psalm 23

Slowly read or recite Psalm 23.

Picture the green grass, the still waters.

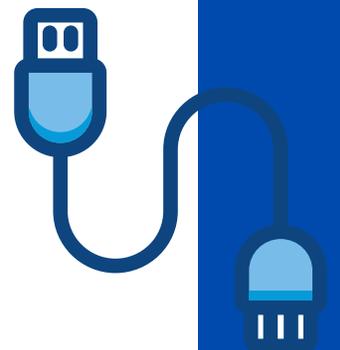
The tranquility, restoration, safety, and abundance.

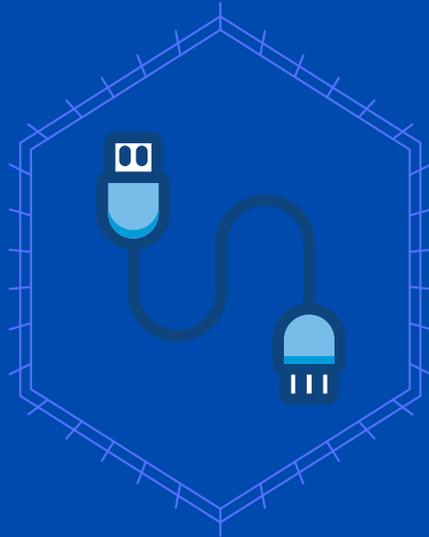
The Shepherd.

Your Shepherd.

For just 5 minutes, picture him doing all the things the Psalm describes. **Can you sense his care and concern for you?**

May you be able to receive and rejoice in his deep desire to be a constant presence in your everyday experience.





I hope this resource has served you well and given you a fresh sense of connection in your relationship with God.

If you'd like to connect further, send me a Voxer message: [@amandafreeindeed](https://www.voxer.com/@amandafreeindeed) or connect via Instagram: [@amanda.idareyoutospellit](https://www.instagram.com/amanda.idareyoutospellit)
