

**While you are before the Lord**, hold your heart in His presence. How? This you also do by faith. Yes, by faith you can hold your heart in the Lord's presence. Now, waiting before Him, turn all your attention toward your spirit. Do not allow your mind to wander. If your mind begins to wander, just turn your attention back again to the inward parts of your being. You will be free from wandering-free from any outward distractions-and you will be brought near to God.

The Lord is found only within your spirit, in the recesses of your being, in the Holy of Holies, this is where He dwells. The Lord once promised to come and make His home within you. (John14:23) He promised to meet those who worship Him and who do His will. The Lord will meet you in your spirit. (It was St. Augustine who once said that he had lost much time in the beginning of his Christian experience by trying to find the Lord outwardly rather than by turning inwardly. )

Once your heart has been turned inwardly to the Lord, you will have an impression of His presence. You will be able to notice His presence more acutely because your outer senses have now become very calm and quiet. Your attention is no longer on outward things or on the surface thoughts of your mind. Instead, sweetly and silently, your mind becomes occupied with what you have read and by that touch of His presence. Oh, it is not that you will think about what you have read, but you will feed upon what you have read. Out of a love for the Lord you exert your will to hold your mind quiet before Him. When you have come to this state, you must allow your mind rest.