

Being in Eden

1. The garden of Eden was a place where Adam and Eve communed with God. Find a place and time that you can call Eden.

They heard the Lord God walking in the garden. Genesis 3:8 (GNT)

2. Use your spiritual imagination to picture the place where you come to talk with God as your garden of Eden. Look and listen for signs of God's creation.

You provide streams of water in the hills and valleys, so that the donkeys and other wild animals can satisfy their thirst. Birds build their nests nearby and sing in the trees. From your home above you send rain on the hills and water the earth. You let the earth produce grass for cattle, plants for our food, wine to cheer us up, olive oil for our skin, and grain for our health. Psalm 104:10-15 (CEV)

3. Spend the next few minutes talking and listening to your heavenly Father in intimate conversation.

I'll transform [Zion's] dead ground into Eden, her moonscape into the garden of God, a place filled with exuberance and laughter, thankful voices and melodic songs. Isaiah 51:3 (MSG)

4. Do not hide from your heavenly Father. Talk openly about the temptations that you face, and the mistakes you have made.