



Sense His Presence

**Finding God in
Quiet Moments
of Pain**

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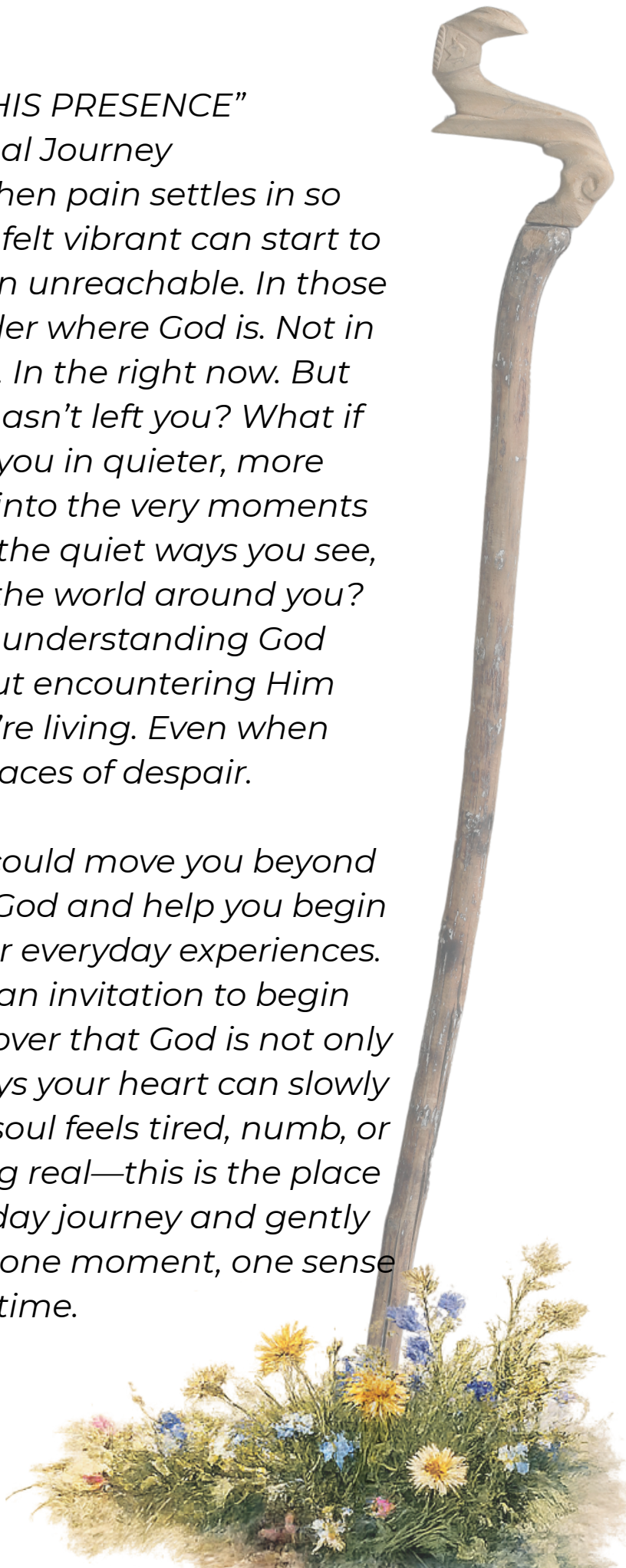


*5-Day “SENSE HIS PRESENCE”
A Devotional Journey*

There are seasons when pain settles in so deeply that what once felt vibrant can start to feel distant, muted, even unreachable. In those times, it’s easy to wonder where God is. Not in theory—but in reality. In the right now. But what if His presence hasn’t left you? What if He’s been meeting you in quieter, more personal ways woven into the very moments you’re living—through the quiet ways you see, hear, feel, and notice the world around you? This isn’t just about understanding God through Scripture but encountering Him through the life you’re living. Even when struggling in places of despair.

This 5-day devotional could move you beyond simply knowing about God and help you begin recognizing Him in your everyday experiences.

Senses & Presence is an invitation to begin noticing again—to discover that God is not only near, but present in ways your heart can slowly learn to receive. If your soul feels tired, numb, or just longs for something real—this is the place to begin. Start your 5-day journey and gently rediscover His presence one moment, one sense at a time.





Day One: Sight

*"The Lord is my shepherd, I shall not want.
He makes me lie down in green pastures;"*
Psalm 23:1-2



There are moments in life when everything feels dim. Not completely dark—but dulled. Pain from deep sorrows or grief does that. It narrows your vision until all you can see is what's been lost. What's broken. What will never be the same. And in those moments, it can feel like God is nowhere in sight.

Consider this. *What if God is not absent—just unnoticed?* Not because you've failed. But because grief has a way of pulling your eyes toward the wound.



What could I have overlooked that may be gently holding me?

Today, don't try to "fix" what you feel. Just gently look again. Not at the whole picture. Just a small corner of it. You might notice a flicker of light through a window, or the way the sky holds color and the wind carries clouds, or maybe a vibrant flower. These are not small things. Perhaps they are glimpses of God's Presence.

Scripture gently reminds us:

*"The Lord is near the brokenhearted and saves those who are crushed in spirit."
—Psalm 34:18*

He is close. Not distant. Not waiting for you to feel stronger.
He is close...even here in your brokenness.

*With eyes to see beyond despair, what is one small thing you
can see today that feels...steady? Not perfect. Just steady.*



Day One: Sight

Gentle Prayer

God,

I don't see clearly right now.

But if You are here...

Help me notice.

Even in the smallest way.

Amen.

Guided Strategy

- Take a slow breath all the way in. Fill your lungs. And gently let it go. Slow in and slow out.
- Hear these gentle words: "The Lord is close to the brokenhearted...and saves those who are crushed in spirit."

He's close. Even now.

What if you're not as alone as this moment feels? What if God is present... not in overwhelming ways—but in quiet, steady ones?

He's in the light that still shows up and in the way this moment is holding you. He's in the now.

There's no pressure to feel anything. No need to force belief.

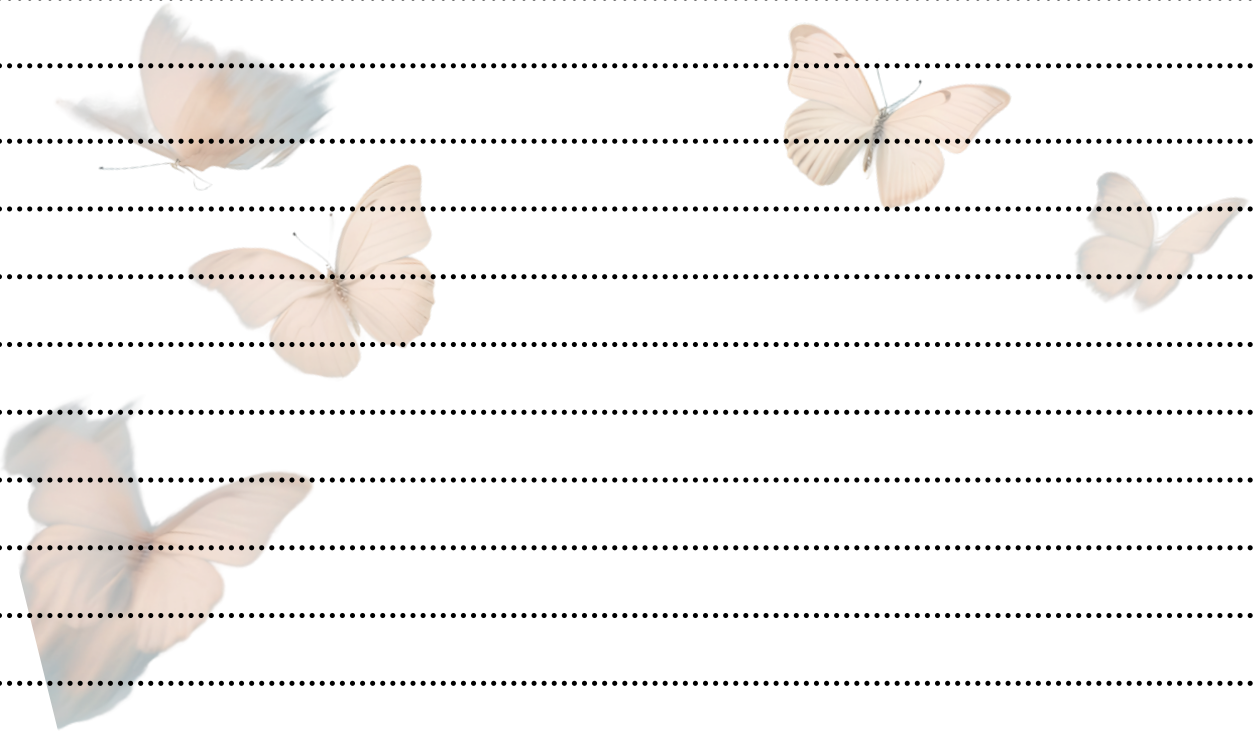
Just...notice.

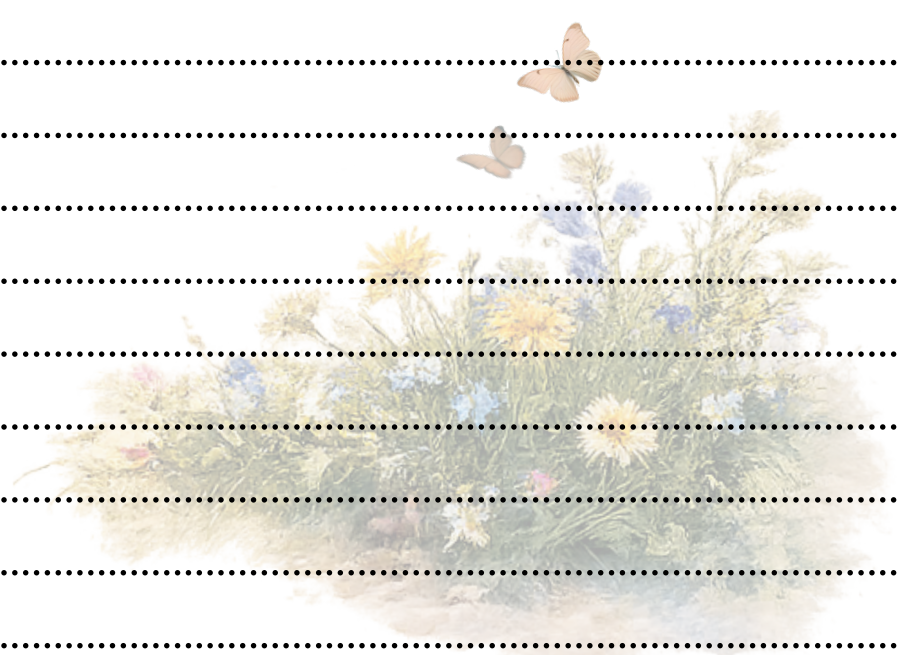
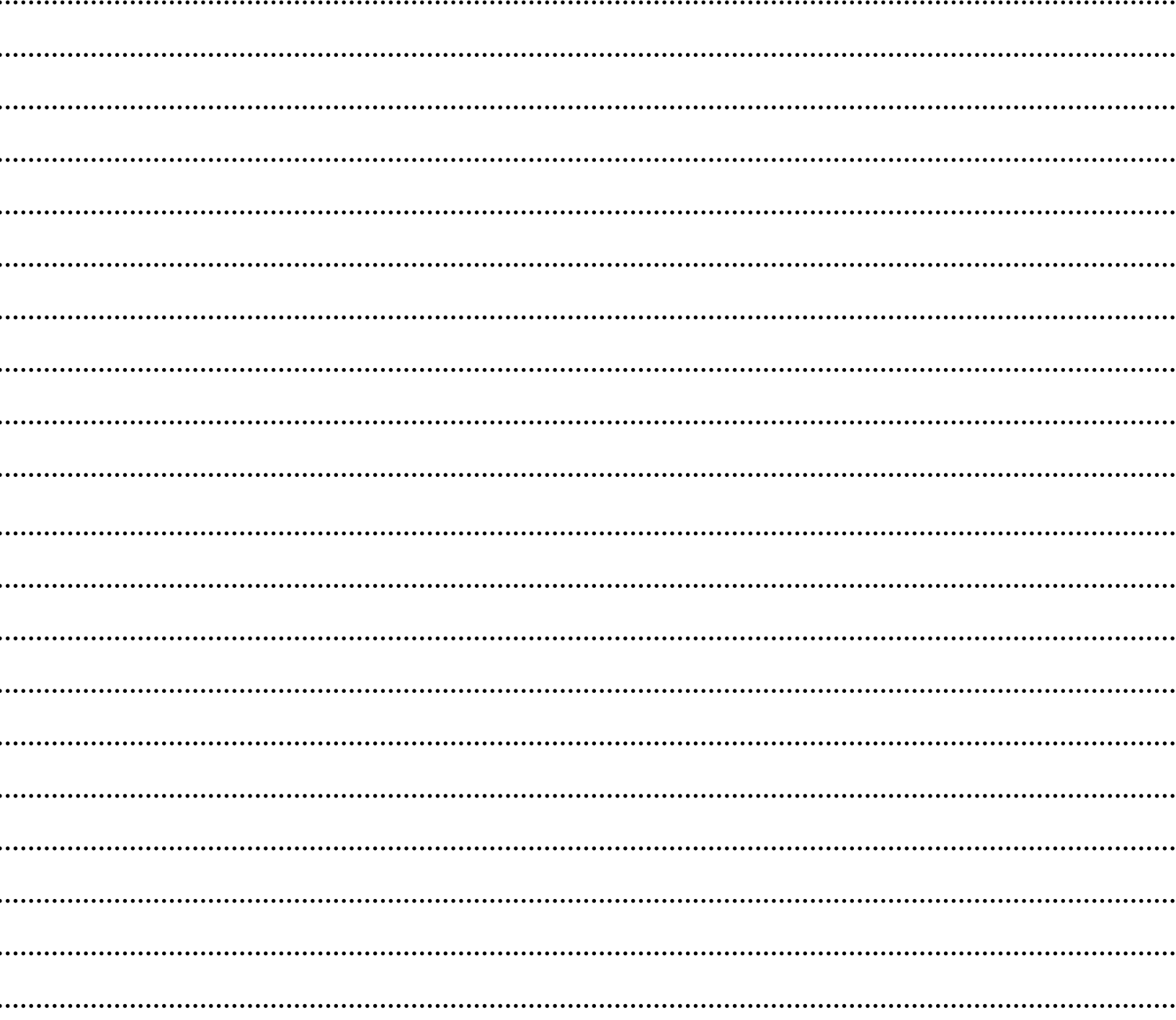
- Allow your eyes to softly close or simply lower your gaze. You don't have to do anything right now. No fixing. No figuring things out Just... be here.
- Now gently bring your attention to what you can see. Even if your eyes are closed, you can notice the light, the shapes, and the shadows. But if your eyes are open, let them rest on something simple. Nothing important. Just something that's there.
- Notice the way the light touches it. The edges. The stillness. The fact that it exists without asking anything from you.
- Let yourself rest here for a moment. Take one more slow breath in and out.
- Remember, you can know God is near, even in pain. You are still held.

Even here.



Journal the Journey





Day Two: Sound

*“He leads me beside quiet waters.
He restores my soul;”*

Psalm 23:2-3



There's a kind of silence that feels hollow. Not peaceful, but empty. The kind where prayers seem to go nowhere. Where words fall short, or don't come at all. And in that silence, it's easy to wonder: *Is God still listening? Is He still here?*



What ways could God be speaking to me?

Not all silence means absence. Sometimes...it is where God speaks most gently. Not in loud answers. Not in sudden clarity. But in something quieter. Something easy to miss when your heart is overwhelmed.

Scripture reminds us:

*“The Lord is near to all who call upon Him...in truth.
He [hears] their cry...” —Psalm 145:18-19*

Day Two: Sound

He is near. He is listening. Not distant from your voice—even if your voice feels weak. God’s presence is often not in the noise we expect, but in the stillness we avoid. He can be known in the pause between our thoughts. In the breath you didn’t realize you were holding. In the quiet that feels uncomfortable...until it begins to feel safe.

Today, you don’t have to find the right words. You don’t have to pray perfectly. Just listen. Not for something dramatic. Just for something true. A line from a song that lingers. A memory that gently returns. However small, a sense that indicates you’re not being ignored by the Almighty.

What if God is not silent...but simply speaking softly enough to meet you in your pain?

What is one sound—or even a moment of quiet—you noticed today? Did anything feel unexpectedly comforting?



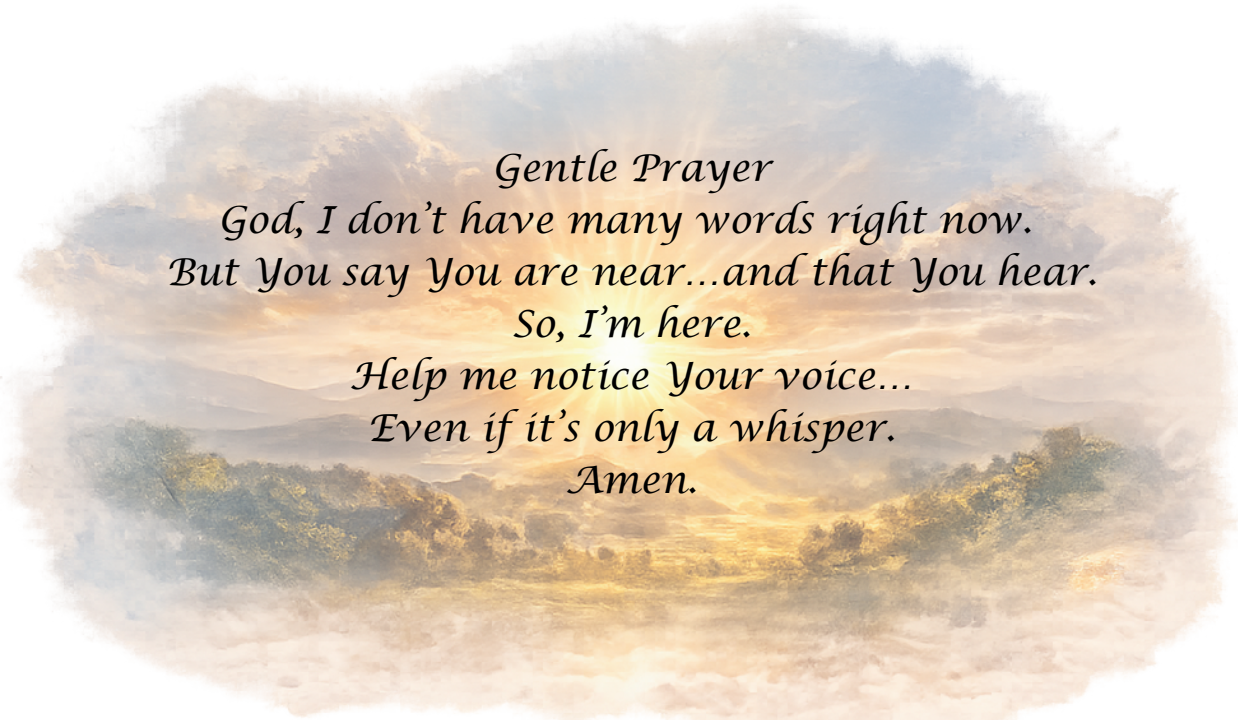
Gentle Prayer

*God, I don't have many words right now.
But You say You are near...and that You hear.*

So, I'm here.

*Help me notice Your voice...
Even if it's only a whisper.*

Amen.



Day Two: Sound

A Guided Strategy

- Take a slow breath in and gently let it go. Once again, slow in and slow out.
- Deliberately, let your body settle. There's nothing you need to do. Nowhere you need to go.
- Begin to notice the sounds around you. Don't search for anything special. Just...listen. Maybe there's a faint hum, a distant sound, or even the sound of your own breathing.
- Let each sound come and go without needing to hold on to it. If there is silence, notice that too.
- Hear these gentle words: *"The Lord is near to all who call on Him...in truth. He [hears] their cry."* He's near and listening. He is in the now.
- Call to Him. You don't have to speak perfectly. Even a quiet heart is heard. And sometimes His response comes like a gentle whisper after the fire. A whisper. Not demanding your attention. Not overwhelming you. Simply present.
- Become aware—Is there anything within you that feels slightly softer? A thought? A memory? A sense of being held? You don't have to be certain. Just open to the Father.
- Carry this truth forward—You are heard. God is near, even in the questions, even in the quietness. *Even here.*



Journal the Journey







Day Three: Touch

*He guides me in the paths of righteousness
For His name's sake. "
Even though I walk through the valley
of the shadow of death
I will fear no evil, for You are with me;
Your rod and Your staff, they comfort me."*

Psalm 23:3-4



There are moments when grief and pain feel weighty. You carry the weight of those moments everywhere—like stones in your pockets or, as the heaviness of your body that can't rest. Sometimes it feels like nothing can relieve that weight. *But where does real strength come from?*



Where can you notice God's care in a simple touch today? Could it be your own hand on your heart? God often shows His presence through what we feel even when our minds can't make sense of it.

Scripture reminds us:

““If I only could touch His garment, I will get well”.

But Jesus turning and seeing her said,

“Daughter, take courage; your faith has made you well.”

At once the woman was made well.”—Matthew 9:21-22

Today, pay attention to the sense of touch. Wrap yourself in a comfortable blanket. Rest your hand on something grounding—a warm mug, a textured stone, an item that stirs remembrance, or perhaps your Bible.

With eyes to see beyond despair, is there something you can reach for that grounds you—that holds you in simple peace?

Day Three: Touch

Gentle Prayer

Lord

*Help me to recognize Your nearness
in the gentle ways You reach for me.*

*When I feel overwhelmed or alone, remind me that
Your comfort is close enough to be felt.*

*Strengthen my faith to reach for You,
even in the smallest ways.*

Amen

A Guided Strategy

- Take a slow breath and gently release it.
- Feel your body settle where it is.
- Notice your hand resting (maybe in your lap)
- Notice your feet on the floor.
- Feel the weight of your body being supported by the chair, the floor or whatever is beneath you. Imagine for a moment that God is holding you in the same gentle way. Not forcing anything. Not asking you to do more than breathe.
- Notice the contact. The pressure. The warmth. These small gestures are not magic. They are reminders of God's gentle presence. He's our Heavenly Father. Sometimes we long for God to speak loudly or move in big unmistakable ways. But often His comfort comes by quiet touch—subtle yet powerful. A peace that settles in your heart, and you can't explain it. A calm in the middle of chaos. A sense that somehow, He is right there with you.
- Hear these gentle words, “...take courage; your faith [will make] you well.” There is something deeply comforting about touch. A hand held in silence. A gentle embrace. The warmth of a presence that says, you're not alone. In a world where so much feels distant or uncertain, touch reminds us that comfort is close—even within reach. Touch sometimes has a way of making the spiritual tangible and the next breath possible.
- Carry with you this quiet assurance: You are held. You are safe. You are not forgotten. And in God's perfect timing, your faith will make you well.

Even here.

Journal the Journey





Day Four: Scent

*“You have anointed my head with oil;
My cup overflows.”*

Psalms 23:5



There are seasons when the air itself seems thick with uncertainties or grief. Where you're encapsulated by emotionally numbing pain and you're disconnected from the moment-by-moment impact that your senses naturally offer. No spark. No fragrance. *But what if the fog of uncertainty is temporary and the fragrance that brings vibrance to life hasn't really disappeared, it's just become unnoticed?*



Can you catch any familiar scent in your environment now?

The sense of smell has a way of reaching the desensitized places within us that words never can. It drifts gently, unnoticed at first, yet it lingers—marking a moment, stirring a memory, shifting an atmosphere. It is one of the few senses that can cut straight through fear, grief, or exhaustion and anchor you.

Scripture tells us:

*“we are a fragrance of Christ to God
among those who are being saved
and among those who are perishing..”*

—2 Corinthians 2:15

Day Four: Scent

Today, take notice of the scents in your surroundings.

God's presence often meets us—not always in loud or visible ways—but gently, unexpectedly, and unmistakably. God's presence doesn't produce the stench of despair. What if God's presence is in the fresh rain, the aroma of a familiar meal, a trace of perfume or soap that reminds you of someone you love? A fragrance you didn't go looking for...but nevertheless it found you. Sometimes you might recognize it as a peace that doesn't make sense. As a strength that wasn't there a moment ago. Sometimes as a soft awareness: I'm not alone.

Is there a fragrance that at one time made you feel at home—brewing coffee, burning wood in the fireplace, cookies fresh out of the oven?

*Gentle Prayer
God*

I need to know You're nearness.

I struggle to sense You.

*Remind me that just as fragrance fills the air,
Your presence surrounds me, even when I cannot see it.*

*Let my life rise to You as sweet aroma,
and let my heart find rest in knowing You are close.*

Amen

Day Four: Scent

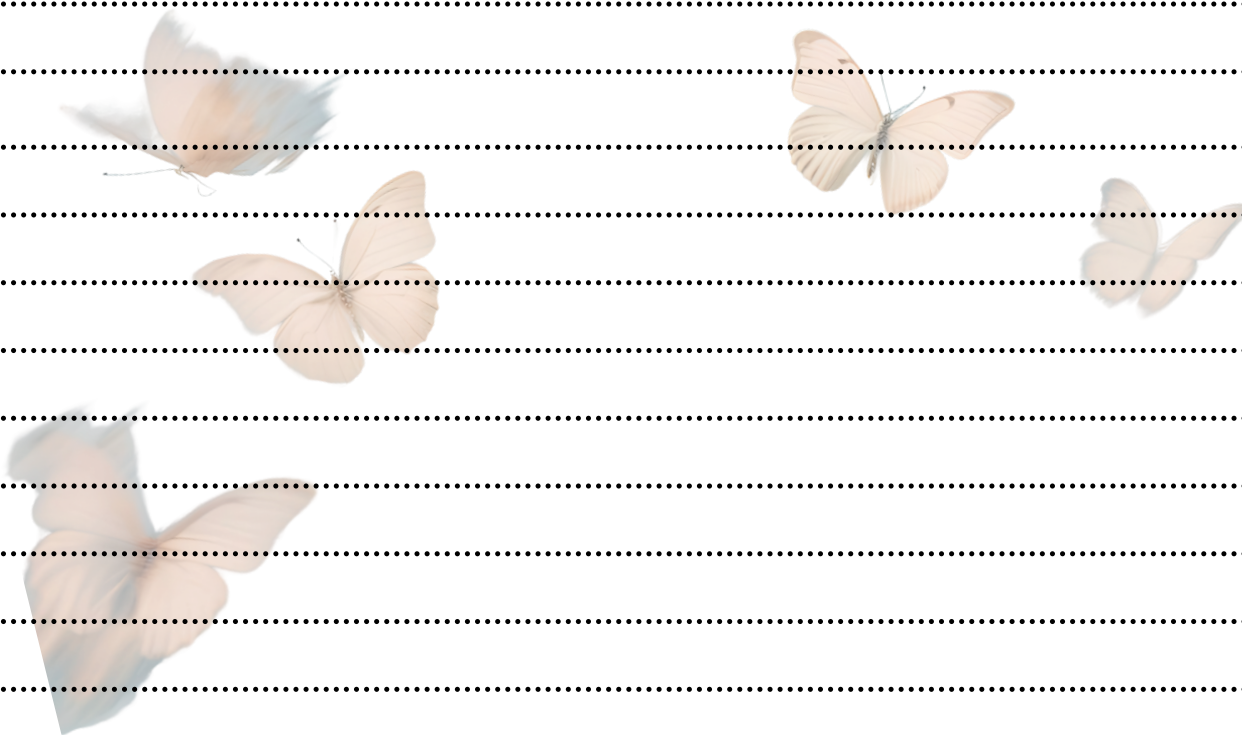


A Guided Strategy

- Take in a breath and hold it for a moment. Then gently let it go.
- Take a new breath (this time intentionally through your nose. Then gently let it go).
- Notice any scent that might deliver heartfelt peace. Jesus Christ is called the Prince of Peace. His presence gently drifts nearer in our pain. God says our lives are like that too.
- Hear these gentle words: *“For we are a fragrance of Christ to God...”* Not by our words. Not by our actions when others are watching. The unseen essence of our life in Christ rises like a fragrance before God through our surrendered heart, quiet obedience, and through faith in the middle of pain. And not only before Him, but among each other also. Even if just for a moment, scent becomes a beautiful doorway for recognizing God’s nearness in the hard seasons. *Even here.*



Journal the Journey







Day Five: Taste

*You prepare a table before me
in the presence of my enemies;*

Psalm 23:5



There are moments when life feels flat. Not just painful or sorrowful, but like something has been lost in how you experience things. The richness. The sweetness. The sense that anything could feel good again. Pain of grief can do that. It can dull not only your joy, but also your ability to receive goodness. Grief from death is perceived as an enemy that seems to hold us captive. You might wonder: *Will I ever experience the goodness of life again?*



After everything you've walked through—after the darkness, the silence, the weight, the stench, there comes a moment—quiet, almost unnoticed, when something in you begins to soften. You're not fully healed, not completely restored. But...open. Sometimes the hardest part is not surviving the pain. It's allowing yourself to receive again. To believe that something good could still reach you, or that life is not only something to endure, but something that may still hold moments of grace.

Scripture offers this invitation:

“Open your mouth wide and I will fill it.”—Psalm 81:10

Not with force. Not to overwhelm. But with the promise of if we are willing to receive, God will meet us to satisfy our need. The invitation brings us to the prepared table where there is nourishment of soul, even when we have no appetite.

“Taste and see that the Lord is good;

How blessed is the man who takes refuge in Him. —Psalm 34:8

Day Five: Taste

Today is not about having strong faith. It's about willingness. Willingness to allow a glimpse of hope. To listen to the sounds and songs of life. To receive a moment of peace. To awaken to a special fragrance. To believe that your story is not over. You don't have to rush. You don't have to understand everything. You don't even have to feel ready. Just be open to receive God's comfort as He pursues your peace. Because the same God who has been with you in the darkness, in the silence, in the heaviness is also the One who gently restores. Who fills and who brings life back—slowly, tenderly, faithfully.

What is one small way you feel invited to receive today? It might be rest. A spark of hope. Or through help from another. Or simply an ability to give yourself permission to keep going.



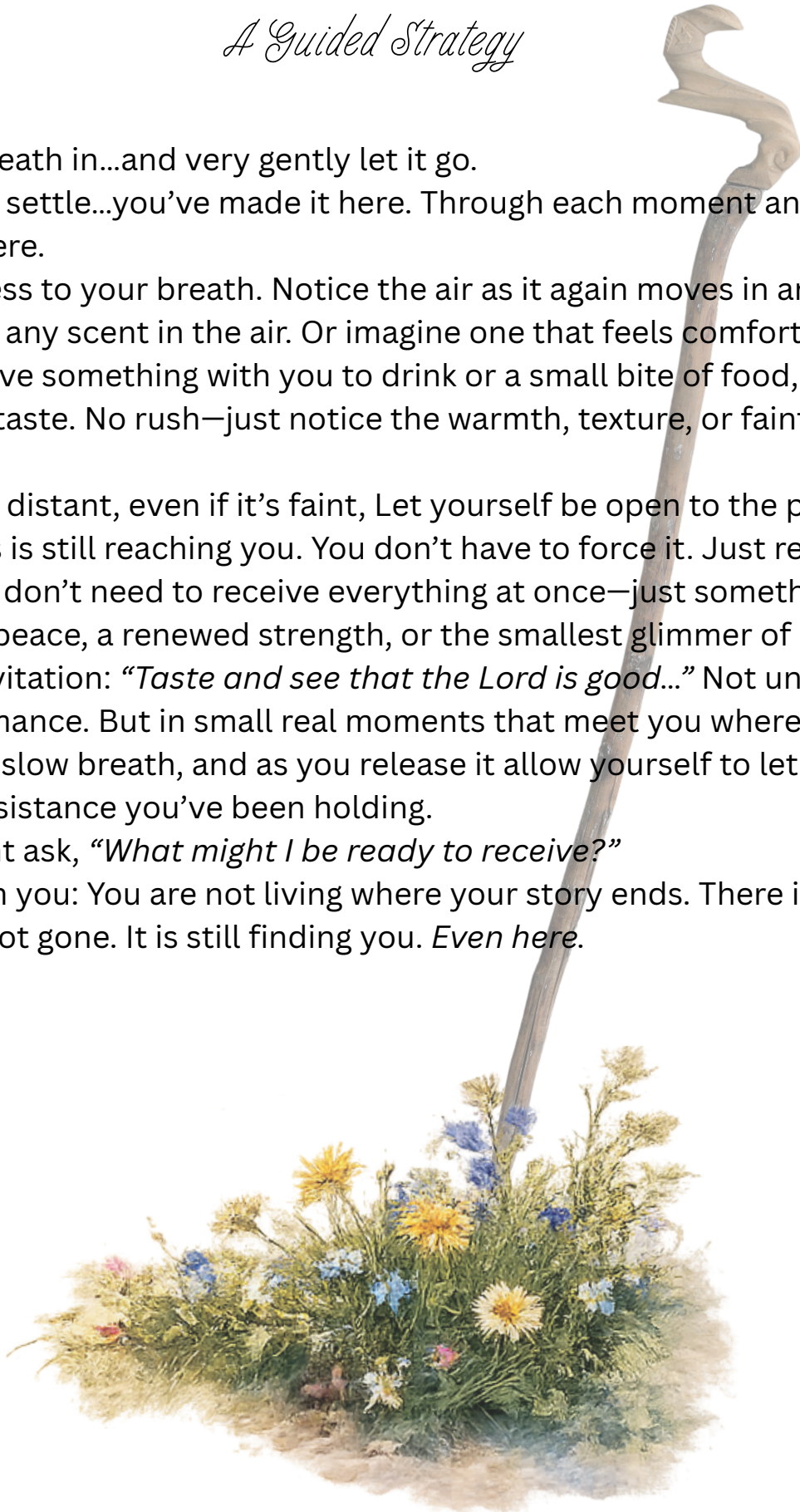
*Gentle Prayer
God*

*It's hard to feel goodness right now.
But You invite me to taste and see.
Help me notice even the smallest moments of sweetness...
And trust that they come from You.
Amen*

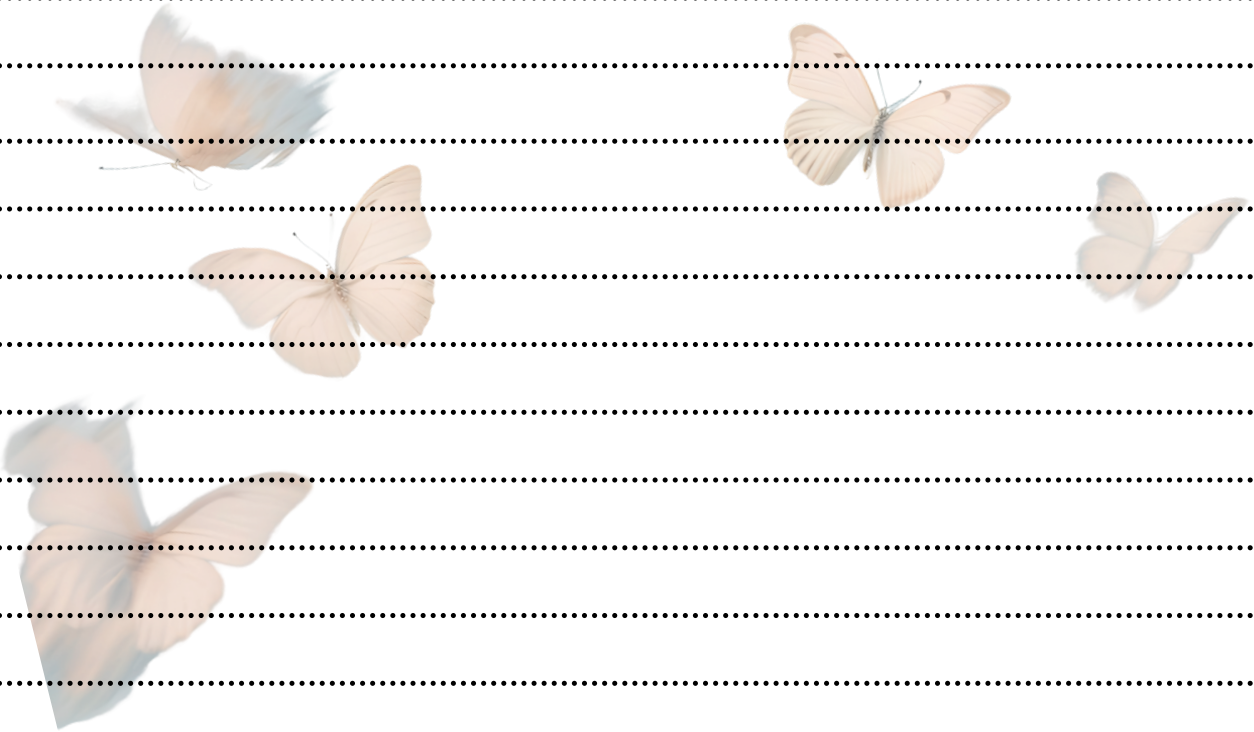
Day Five: Taste

A Guided Strategy

- Take a slow breath in...and very gently let it go.
- Let your body settle...you've made it here. Through each moment and each day, you are still here.
- Bring awareness to your breath. Notice the air as it again moves in and out.
- Take notice to any scent in the air. Or imagine one that feels comforting.
- Now, if you have something with you to drink or a small bite of food, you can take a sip or small taste. No rush—just notice the warmth, texture, or faintest hint of flavor.
- Even if it feels distant, even if it's faint, Let yourself be open to the possibility that goodness is still reaching you. You don't have to force it. Just receive what is here. And you don't need to receive everything at once—just something. Maybe a new sense of peace, a renewed strength, or the smallest glimmer of hope.
- Accept the invitation: *"Taste and see that the Lord is good..."* Not under pressure. Not in performance. But in small real moments that meet you where you are.
- Draw another slow breath, and as you release it allow yourself to let go of just a little of the resistance you've been holding.
- In this moment ask, *"What might I be ready to receive?"*
- Carry this with you: You are not living where your story ends. There is more. Goodness is not gone. It is still finding you. *Even here.*



Journal the Journey







More for the Journey

*“Surely goodness and lovingkindness
will follow me all the days of my life,
And I will dwell in the house of the Lord forever.”*

Psalm 23:6

What if this despair isn't the end of your story?

What if this is the place where the bigger picture is still unfolding?

Over these past few days, you may not have found all the answers you wanted. But perhaps you've begun to notice something else. A presence. A steadiness. A quietness that didn't leave. Through what you could see...hear...feel...and even receive—God has been there. Not waiting for you to be stronger. But meeting you exactly where you are. You may still be walking through hard places but now you've experienced God's presence through your senses. And maybe the big picture isn't something you have to figure out all at once. Maybe it's something you begin to experience one small moment at a time.

If something in these moments has stirred within you...if you've sensed even the smallest reminder that you are not alone—there is more. More to see. More to understand. More of the story God is still unfolding—mine and yours too. I'd like to invite you into my story. *The Big Picture: Eyes to See Beyond Despair* is an invitation to keep going—to discover how God meets us in the middle of our pain, and how His presence is still shaping something beautiful...even in the brokenness. You may not see the whole picture yet. But perhaps you've begun to notice...God is near.

You can find my book at KaseyBurnett.com
or most anywhere books are sold..



