

Emotionally Healthy Relationships

Part 2-Being Fully Present

Genesis 28:10-17

Key Point: In order to fully love God and love people, we need to learn to become FULLY PRESENT to both.

4 Thoughts about this account of Jacob...

1. Like Jacob, we are often TOO BUSY and focused on our daily activities to be fully present with God.

Jacob left Beersheba and set out for Harran. When he reached a certain place, he stopped for the night because the sun had set. Taking one of the stones there, he put it under his head and lay down to sleep. Genesis 28:10-11 NIV

2. Like Jacob, when we finally SLOW DOWN, God will take the opportunity to speak to us.

He had a dream in which he saw a stairway resting on the earth, with its top reaching to heaven, and the angels of God were ascending and descending on it. There above it stood the LORD, and He said... Genesis 28:12-13 NIV

3. Like Jacob, we often forget that even in our own business, God is still busy KEEPING HIS PROMISES to us.

There above it stood the LORD, and He said: "I am the LORD, the God of your father Abraham and the God of Isaac. I will give you and your descendants the land on which you are lying. Your descendants will be like the dust of the earth, and you will spread out to the west and to the east, to the north and to the south. All peoples on earth will be blessed through you and your offspring. I am with you and will watch over you wherever you go, and I will bring you back to this land. I will not leave you until I have done what I have promised you." Genesis 28:13-15 NIV

4. Like Jacob, we are ENCOURAGED when we are reminded that God is always FULLY PRESENT with us.

When Jacob awoke from his sleep, he thought, "Surely the LORD is in this place, and I was not aware of it." He was afraid and said, "How awesome is this place! This is none other than the house of God; this is the gate of heaven." Genesis 28:16-17 NIV

Final Thought: Realizing that God is FULLY PRESENT with us will inspire us to desire to be FULLY PRESENT with others.

Then Jacob made a vow, saying, "If God will be with me and will watch over me on this journey I am taking and will give me food to eat and clothes to wear so that I return safely to my father's

household, then the LORD^g will be my God and this stone that I have set up as a pillar will be God's house, and of all that you give me I will give you a tenth." Genesis 28:20-22 NIV

(transition to communion)