

## Mission: Score

### Instructions

The goal of this challenge, is to connect with the presence of the Lord.

Just as the goal of a basketball player is to get the ball in the hoop, when we close our eyes and push away distractions our focus is on Jesus and his presence is our goal.

Sometimes, the basketball player throws the ball and hits the rim, but he doesn't quit playing. He just keeps on trying to get it in the hoop. That's the only way that he can score.

There are so many distractions in our mind. Thoughts are racing. Worries, media, life in general.

The method of scoring is so simple, yet it does take time to learn the art of focus.

Try this simple method:

- Turn on your favorite worship song. One that truly helps you to connect to Jesus.
- Close your eyes, take a deep breath slowly in and slowly out and think about Jesus. You might think of him as a man with a beard, or a bright light, or an open door. However, He appears to you. Just think about him. Push all other thoughts out of your mind—like someone moving furniture out of a room.
- Don't ask for anything. This is not the goal of scoring. It's not about talking to Jesus, it's about thinking of him and seeking his presence.
- The Lord's, tangible presence will feel different for everyone. It might be a calm, maybe even like a weight lifted off you. You might feel tingling, like goosebumps. Whatever you experience, you'll know, when Jesus is near. His presence always brings peace. That's when you know you have scored! Feel free to savor the presence of God, and not rush out too quickly. This is the place where you find wisdom, comfort, guidance, and unconditional love.

Scoring is a powerful tool to use for any kind of therapy. Anger management, fear, confusion—the presence of the Lord is our answer!

May this challenge take you to amazing places in life! Remember, it's only the starting point of great things!