

# At HOME in God

## Sharing Hope from Tamassee Village

By Jon Holland, CEO of Tamassee DAR School



We all have one, and most of us check it way too much – yep, our smartphones. Reviews.org reports Americans checked their phones on average 205 times a day last year. That’s once every five minutes while awake, and we spent five hours a day on our phones! But, it's not just our devices.

We’ve all had consuming thoughts. Maybe it’s a deadline at work, a bill we can’t pay, or a conflict with a loved one. For our kids, it’s an upcoming test, an extracurricular performance, or a bully at school. These anxieties feel like playing Whack-a-Mole. They just keep popping up, no matter how hard we try to smash them.

Whether it’s our phones or our thoughts, we know how to maintain conscious contact with something. So, the challenge is practicing the presence of someone better. Scripture directs us to “pray without ceasing” (1 Thessalonians 5:17). If prayer means being on my knees by my bed sharing my concerns with God, then none of us can pray without ceasing. So, it must mean something else.

For those in recovery, Step 11 invites us to maintain conscious contact with God all throughout the day. We keep calling God to mind, touching base, quickly reminding ourselves of his love and wisdom, giving him our worries, asking him for guidance, or thanking him for a blessing. Rather than reaching for our phones every five minutes, we reach for God.

In John 15, Jesus invites us to abide in him. Abide is not a word we use very often, but it simply means to make your home somewhere. Jesus asks us to be at home in him. He promises when we stay put in him, we are fruitful in our lives and experience his love and joy. That sounds much better than sinking in anxiety or doom scrolling on social media. In fact, he said we can’t do life without him. Only with our home in him will our lives flourish.



What Alcoholics Anonymous calls maintaining conscious contact with God and what the Bible calls praying without ceasing or abiding in Christ, some Christians have called practicing the

presence of God. That phrase reminds me I have to be intentional about this. I have to practice it until it becomes my automatic and default habit. I'm constantly reaching for God, regularly recentring in the Father, Son, and Spirit. As I become more and more aware of them, the problems look smaller. The solutions come more readily. Another Christian writer called this practice the game with minutes. He treated it like childhood play. It's not a burden to carry or a performance to master but a game to enjoy.



As I've played this game with God, I've found the acronym HOME helps me. The H stands for having conversation. I just talk to God all throughout the day about whatever's going on. The O stands for obey. As God shares wise direction, I need to follow it. The M stands for meditate. I keep calling his presence to mind – with an affirmation, a song lyric, or a verse. The E stands for exalt. I keep thanking God all day. Gratitude is such powerful medicine for the soul. When I stay at HOME in Jesus, I'm not just putting Step 11 into practice, I'm experiencing fullness of life.

At Starlight at Tamassee, we believe moms in recovery and their children can experience the healing presence of God every day. To learn more about Starlight, visit <https://www.mytamassee.org/starlight/>, or contact us at [starlight@mytamassee.org](mailto:starlight@mytamassee.org) or 864-944-1390. If your church or civic group is interested in a presentation on recovery, contact Jon Holland at [jholland@mytamassee.org](mailto:jholland@mytamassee.org).

*Starlight*  
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