Practical Ways to Immerse Yourself in God

When was the first you were fully immersed in God? We were all fully immersed in God on the day of our baptism. The word “baptize” in Greek means “to immerse”. And this is fitting, because Jesus’s baptism wasn’t a few drops of water sprinkled on the head — John would have done a full-immersion dunking of the body. The early Church practiced this kind of full-immersion baptism all the way up to the seventeenth century. Baptism isn’t just immersion into water — it is immersion into God.

We have all been at one time or another been immersed in something that we lose track of time? We immerse ourselves in all sorts of things — but do we immerse ourselves in God? St. John Vianney (Patron Saint of Priests) once said, *“I want to lose myself and never find myself again, except in God!”* What does that look like? Here are five practical ways to immerse yourself in God.

1. First, give God your first thoughts in the morning through a morning offering.
   1. We want to greet the Lord upon arising, offering Him our joys, sorrows, work, leisure, thoughts, words, and actions for the day.
   2. Make a morning offering and we will begin our day on the right path to be immersed in Him.
2. Before you begin any activity consecrate it to the Lord**.**
   1. Whether it be a test in school, a project at work, cooking dinner, or cleaning the house, say, “*For You, Jesus. Let me do this well in a way that pleases You.*”
   2. God is present in the homework, the project, the dinner-making, and the house-cleaning. All we need to do is realize His presence and seek to do it to the best of our ability, for love of Him — it starts with a quick prayer offering it all to Him.
3. Third, frequently say “aspirations”.
   1. Aspirations are short one-sentence prayers — things like, “Thank You, Jesus” or “Lord, have mercy on me!” or “Father, I trust in You.”
   2. Although these prayers may seem simple and quite short, they allow us to invite God into the midst of our lives.
4. Surround yourself with Holy things.
   1. Hang a picture of the Sacred Heart or hang a Rosary inside your locker at school.
   2. Place a small statue of Our Lady on your desk at work?
   3. Keep books about Saints, pictures of the Holy Family, and the Bible openly displayed throughout your home.
5. When people walk into our house, we want them to feel as if they are walking into a church — after all, the family is called the “Domestic Church” for a reason!
6. Finally, practice the Daily Examen. This is a powerful prayer, taught to us by St. Ignatius of Loyola.
   1. It involves reflecting on our day, seeing where God has been moving.
   2. Has God showered us with blessings?
   3. Has He given us a small share in His Cross?
   4. How did we respond to the graces and the challenges we received?
   5. Every day we should consider these things, and ask God for more graces to respond better the following day.

When we were baptized, we were immersed into God. But now we must choose to be immersed in Him. Above are five easy ways to help immerse yourself in God. St. John Vianney also said, *“[God] must be all around us as the air we breathe.”* For many Catholics, we put our relationship with the Lord into a box. We devote an hour to him on Sunday, and maybe for a couple minutes before we go to bed. Imagine the difference in our world if everyone were immersed in God every day!

