

Summary from first silent retreat

I practiced 3 disciplines, meditation, fasting and solitude. Even when my intention when practiced this disciplines before was to get closer to God I always in a little sense thought that I should get a reward or that I would automatically get better just for the fact of practicing it, but this time I understood that the discipline is just to clear everything, to put on a side any distraction and let me be in front of God, to set my mind and body in his presence, what happens after is up to him, and indeed it was.

It was powerful to understand that a lot of what happens to us today is in a stretch relationship with our childhood, even when I don't consider to had a traumatic childhood filled with great memories and really good family, I could see everything with adult eyes from a different perspective. I had high scores on inadequate and unacceptable and conditionally loved. Which made me think that even when both of my parents loved me and respected me, there was a sense of passivity on my dad's side, he was always present but I never felt he was actually there, sometimes I felt embarrassed of him and in somehow his lifestyle. He turned passive over the years and let mom to be the one who run the things around.

As a result I have a dominant adult phobia of being rejected or a failure.

Which resulted on having an emotional need of being loved and accepted.

Which have made me a man of extra service by being a people pleaser and an enabler.

And I feel on my very best when I'm socializing or facilitating.

And when nothing works I tend to withdraw from people (even sometimes from situations), and I carry a sense of perfectionism on everything I do.

One of the great things from Biehl's book in the retreat besides understanding that wound (which I have been aware of it and in times try to heal it in my own way) was to watch my dad's life through the lens of the book and understand that a lot of the hurt I got was because he might've been hurt on his childhood, or he didn't develop as an adult. I have just glimpses of what I heard it was and little memories about conversations. He passed away 7 years ago, and I'm not close to his family side, my grandma and grandpa passed away a long time ago too and his brothers (my uncles) are hard to track. So I had to imagine parts that I didn't know about him, to try to understand why he did what he did, and let God deal with that wound, also was very powerful to write down the positive things I remembered and give thanks for all that, sometimes a lot of negativity will blur my whole perspective.

I'm trying to include the most significant summary of what happened on my alone time, but I think that is even grater and bigger than that, a lot of the affirmation came from my heavenly father in my alone time with him. Praise God who dwell among us and who is close to the ones who seek him.

"You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out

before a single day had passed. How precious are your thoughts about me, O God.

They cannot be numbered!” Psalms 139:13-17 NLT

That verse was a gift from God in my alone time, as I continue my journey now I carry a sense of awareness when the tension of troubles sound the alarms that bring out my back up style and misbehavior.

Spiritual Gifts Test Results 1

34 ===== TonguesSpeaking
31 ===== Giving
31 ===== Hospitality
30 ===== Faith
29 ===== Teaching
29 ===== Exhortation

Spiritual Gifts Test Results 2

Shepherding..... 19

Giving..... 14

Evangelism..... 13

So the two tests involve different questions from different perspective that when giving the results, there are similarities and things I can see in myself already. The second test was able to explain in detail what is the gift about and how can be used, which made me realized that what I have been doing as a youth leader and Connect Group leader is putting my gift in action (shepherding and Hospitality). It also made me realize how important how I conduct my life meaning that is going to be on the look of others. More than year ago always had the desire of speaking of tongues without being able to do it, one day I felt the presence of the Holy Spirit while words came out of my

mouth, and as a muscle I have develop my gift in my lonely times with God, in some points making it vital and relevant for our relationship.

Enneagram test

Type 2: The Helper

Helpers are warm, concerned, nurturing, and sensitive to other people's needs.

Taking some of the points from de helper description is the one type out of the three that I relate the most, it is a relational type which I am, driven to people needs, which enable me to serve them, but also I seek a lot of validation from their reaction towards my service, easy to relate to people but at times not able to say no to their demands, being generous but complaining that people don't treat me with the same enthusiasm.

Learning Modalities: Finding Your Perceptual Strength

Total the number of checks in each column:

A = Visual

B = Auditory

C = Tactual-Kinesthetic

A 6 B 2 C2

Definitely a visual type of person, where my attention is driven by what my eyes follow, I enjoy music, but any information that comes through my ears has to be written in order to be store.

Emotionally Healthy Spiritually

So far I'm half way in to the book, which I have found amazing an very practical, a lot of the questions he had or the feelings he felt even after living a christian life for a while I can relate to. I wish I could've finish the other chapters on time to do this assessment of strength vs weakness on a deeper way, but still is a book I will continue reading to the end, for the continue discover of myself, my past and the healed future that is ahead.

When the time came to use the top ten symptoms of emotional unhealthy spiritually I felt that something was deeply wrong in me for could relate with almost all of them. One of the things that I have tried to developed in the spiritual formation classes is what is wrong about my behavior, try to find the root of it and expose ir before God, and it is a continuous process of trying and failing, and starting all over again.

I could relate in phrases like “Why is it that so many Christians make such lousy human beings?” Or being the type of christian that has his devotional every morning abd then goes out and don't carry that presence for every room that I entered. I haven't been dealing with my past on the proper way, I have been trying to bury the negative things, and move on, always keeping my mask in fron of others, what confront me was to read about how every character in the Bible was a human being with big flaws, not trying to

hide them but to bring it out even in to argue with God, and God is not impacted by them by not keeping record on the bible, so why should I do that with mines?.

In an attempt to go back on my family history to discover why I have deal with laziness, jealousy, not feeling contempt, dealing with improper sexual behaviors, I realized that in light of what he speaks in chapter 5, I still hold on to certain truths that my family stands on that I haven't changed or substitute with my new identity in Christ.

I repeat a lot of my dad patterns even when I thought that I was running from them, and I try to make me feel better with the positive things I do, as this chapter says, my present is a window to my past, a lot of my struggle is unresolved business from my previous generations and the unconscious shape my dad gave me by modeling his life on a negative way.