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Personal Spiritual Formation

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Silent Retreat

During my silent retreat, I experienced our Savior Jesus Christ in a brand new way. I started by praising and praying. Then I kind of felt the need to invite the Holy Spirit in the room where I was but at the same moment I remember one of my friends' dialogue about inviting Jesus into the room and the kind of experience he had. And so I got up and opened the door as an act of inviting Jesus into the room and to my surprising, I felt the presence of God into the room in a serene and calm way. It's if Jesus knew(I mean I know he knew) what I was going through at the time. Through my grief journal, it was obvious that I was hurting and hurting bad.

However, as I felt the presence of God in the room I decided to take the opportunity to grieve and just tell Him everything. I spoke to Him and told Him that this is the place I live, and where I sleep every night. The presence was amazing and He was just sensitive to my cries. He was not judging or trying to tell me to do it differently, Jesus was just listening to me and that felt good. Since most of my grieving related to relationships. I kind of felt the need to go through the whole history of people I have had an intimate relationship with. When I went through the relationship line I realized that it was more people than I thought. Jesus opened my eyes to areas that I needed to grow in my relationship with people in general. After the retreat, I felt this peace over me, the peace which I was not able to understand. Then I fell into a deep sleep and just rested there for couple of hours. Before then, I am not sure if I was able to sleep that early and even that much. To be honest, the silence retreat opened my eyes to a new way of encountering

Jesus and I am encouraged to encounter Him more.