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Spiritual formation

This essay is going to be a recollection of my devotion times during the readings of the book "Experience God Through Prayer". I am excited to share what God did with me during my times of stillness. God was merciful with me. He answers my prayers, and the Holy Spirit guide me like never before. I can say that this book was a blessing for my life.

I was so excited to start with the readings because I know the importance of prayer. I finally understand that prayer is a weapon against our enemy. Through prayer we receive the tools we need to have a successful life. the problem is that as powerful as it is for me it is hard to make praying a part of my routine. During the first three chapters I remembered what God has been telling me for a little bit now. I used to see prayer as a set of rules, and protocols that need to fallowed for me to be heard. Now I am learning that prayer is about emptying my heart to the Lord. it is about going to the secret place where I am loved no matter what. Where I cannot hide who I am, but where I am complete, and accepted without having to pretend.

In Mathew 6:9-13 the bible show an example of a prayer, but what called my attention the most was that I can call God "father". I heard God explaining to me like a little girl what is a father. I knew that he was my father. I heard that in church a lot of times, but I do not know what this time felt so different. It felt almost like it was the first time I heard that. He told me that he takes care of me, and his love for me is unconditionally. I don't have to do nothing for him to love me. He is not expecting anything in return, because even when he asked me to be obedient to his word it is for my protection. During my time of stillness, the Holy Spirit guided me to Mathew 6:8 "Don't be like them, because your Father knows what you need before you ask him". He is control of mi life all I must do is trust him.

I made the decision to integrate fasting as part of my devotional week and following what the word say in James 1:22 "Do not merely listen to the word, and so deceive yourselves. Do what it says." So, when I went to present my day of fasting to the Lord I started in silence. It was amazing. I felt the presence of the Holy Spirit so strong. During this time, He told me what to pray for. He also explains to me the best way to start my journey, and the purpose of my

fasting for that day. I was in a state of shock, because it was one of the special times that I was able to hear the Holy Spirit so clear. I did not have any doubt about who he was, or the things he shared with me. He also guided me and helped me during my prayer time.

“you will not find consolation in anything other than the love of the cross and total abandonment” Pg 49. I was meditating in this part, and I realize that it is hard for me to abandon myself to God, not because I don’t trust Him. It is something that I had to start doing for myself since I was really younger, and the Lord told me “I know it is hard, but I am unchangeable” He guided me to these verses: James 1:17 “Every good thing given and every perfect gift is from above, coming down from the father of lights, with whom there is no variation or shifting shadow”, and Jeremiah 29:11 “For I know the plans I have for you, “declares the Lord, “plans to give you hope and a future”. I understand that not everything is going to work the way I want it to, and things are going to get hard that is my cross, but He is faithful, everything is going to work in my favor at the end.

During this week readings I realized that I have a little bit of problem giving God the space to work in my life. Because I think that by doing stuff is how I get closed to him, and He is telling is not just about doing, is more about the reason of what I am doing it. I still remember exactly what made me wear a mask. I was like 5 years old, my mom moved to the United States and my grandma, aunt, and uncle from my dad side used to tell me that my mom left me, because she didn’t love me, and more things. That words hurt me, but I didn’t want them to think that they hurt me, so I told myself that anybody is going to know when they hurt me. Stop crying in front of people, and never show my vulnerability. Now I need to reset myself and learn that God loves me for who I am. He does not expect me to be good, and strong all the time. He just loves me, and that I need to do anything to experience this love.

“God himself will show you the areas of your life that need attention. Those who are faithfully abandoning all to God will indeed be purified, polished, and perfect in His timing” Pg 61. This part really spoke to me, because I can feel God telling me is not on my own. It is him who is going to show me what I need to do, and how to do it to be successful. The Holy Spirit reminds me Jhon 15:5 “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing”. Sometimes I feel that I have to try hard, but He said, “I am not expecting you to do it on you own, come to me and I’ll give the strength and wisdom to do it”.

Psalms 46: 10 “Be still and know that I am God” this verse touched me, because I been trying so hard to feel Gods presence in church the same way that everybody does; so, when it doesn’t happen, I get frustrated. I heard the lord just telling me to be still, and to remember that He is control. That everything has a purpose, and he works with us individually.

During this last chapters I felt the presence of God like a heavy coat over me. I felt his presence so strong, and sweet that I just staid still. My body felt so tired, and heavy. I couldn't lift my hands or do anything, because I felt like a light weight pushing me down. It was so peaceful, and beautiful. It is something.

The book "Experience God Through Prayer" was an amazing experience for me. I am at the point in my spiritual life when God is telling me that it is time for me to take fully responsibility of it. I need to look him for myself, to stop being comfortable by just receiving through others. I need to start paying the price if I want to growth. It is time to go to the next level, and be a useful instrument in the hands of the Lord. I believe God planned this class, and this book for this specific time in my life.