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Lesson 6 – Guyon Chapters 12-14

“Be still and know that I am God” (Psalm 46:10)

At exactly 7 am sharp, I sat down and closed my eyes to pray. It's my daily routine. Starting my day being thankful to God, thanking him for waking me up and giving me a chance to be my best and do good for others. The more we thank Him, the more we see Him working in us and around us. Gratitude helps us sense God's presence, his personal care and his perfect timing. Honestly, I often read the bible too, as I believe it gives me guidance about how I can live my life in the way God would want me to.

As I remain focused and silent, I felt a cold breeze gust my ears. I knew that time God is sending the Holy Spirit to tell me that he is with me. I may not see him or hear his personal voice, I know that he guides me and protect as I surrendered everything to him. I remember one event of my life when I was really distracted and I don't know what to do anymore. I just sat down on my bed talking to myself not knowing I was already talking to God. I was crying and crying until God showed me the solution to my problem. I was thrilled. God sometimes answers our prayers in unexpected ways. Most of the greatest gifts and deepest joys that God gives us come wrapped in painful packages. Expect the unexpected. Remember Jesus's promise: “Ask, and you will receive, that your joy may be full” (John 16:24)

My personal relationship with the Lord Jesus Christ began at an early age and my journey to know Him better continues every day. I cannot imagine my life without God, and without God my principles would be very shallow. The choice to live for the Lord and base my decisions on His plan and His desires for me is my deepest, most fundamental principle.

Certainly, all of my core principles are based on my faith. I try to serve the Lord in many ways and keep my faith genuine each day.

I look for God in every situation daily. Whether it is big or small, I look for him. I see him. I hear his voice. Even when I am just walking down the street, I look for the beautiful things he has made. When I am with friends or family, I thank him for putting those people in my life. We should notice him in the small moments of life when we would not really think much of it. Try to notice more of his presence and what he has done for us. "The kingdom of heaven is like treasure hidden in a field, which a man found and covered up. Then in his joy he goes and sells all that he has and buys that field. Again, the kingdom of heaven is like a merchant in search of fine pearls, who, on finding one pearl of great value, went and sold all that he had and bought it." (Matthew 13:44-46)

In Psalm 139:23-24, we learn to ask God to help us in self-examination, "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." I often ask myself and set aside a specific time to examine my own life, especially on weekends where I have a day off. I usually find a place where I can be alone. Sometimes I listen to Christian songs while reflecting on things that God showed me to confess and change. I think spiritual self-examination is so important. We examine almost every other part of our life more than we examine our spiritual lives, or at least more consistently. Just like our health, career or even money. Why not assess our joy, peace, self-control, kindness and love? This will mold us on how to interact with others and can lead to deeper, more fruitful relationships. Put confidence and submit yourself to God and be silent where he had placed you.

Let's put prayer as a way of communicating and praising God. Well, I always make sure that I will never forget to honor and be grateful of him. Although, I know, of course, there are lots of hindrance when you want to focus in praying. As human, we are easily distracted or

exhausted when it comes to silent praying. It is like a devil whispering to our ears to stop and think of other things to do. I do sometimes get distracted but I find a way to overcome it. The day or the night before I pray I write down things I am thankful for, things I ask God for and things I have to confess. In this way, even though distraction is inevitable, I don't forget what I need to tell God. I can find a way to refocus myself talking to him and feel his presence. The other way I do is playing and singing Christian songs. Singing is one of the ways in which I can express my love towards God with my whole being. I engage every part of myself in worshipping God. Worshiping through music changes and transforms us. It inclines our hearts to God in ways other forms can't accomplish.

Lastly, I would like to share my everyday prayer. Jesus, I want to be like you who obeyed the Father without complaint. You embraced the chains of humanity when you walked this earth. Convict me whenever I complain or compare myself with others. Give me your attitude of humility and thankful acceptance. I want to be like the Apostle Paul who learned contentment in every circumstance. I choose to continually offer you a sacrifice of praise, the fruit of lips that give praise to your name (Hebrews 13:15). I long to bring a smile to your face. Teach me the power of a thankful heart. I know that your truth dwells in a thankful heart. Amen.