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Experiencing God Through Prayer

This small but powerful information that is in this book has help me to understand how more I need to continue to pray often. I read the One Year Bible with my church, have men prayer on Saturday, prayer on Wednesday morning follow by Bible study Wednesday evening. I have not meditated the way I should have because of so many distractions and has been my main point to conquer. As I have continued to read over certain chapters I realized that I must change a lot of things that are distraction me which procrastination is the key, to not actual doing what is needed to be done.

Spiritual meditation is the key to accomplish and in your book you are right. We can read all the scripture we want but if we don't meditate on them, then it serves no purpose for the inner voice to communicate with you. I have taken your advice and started to meditate before prayer. The most thing I have also learn, is that I have to forgive people no matter how hard it is to do. I'm learning that my journey is not by yourself but with the helper of the Holy Spirit to help guide you if only your heart is in the right place with the Jesus and the Father.

I find it hard to release me so that He can increase in me sometimes because of fear. I have read that He did not give us the power of fear but somehow it creeps in. The reward of silence is the key because it allows you stay focus on the mission is to be still and listen “*this is hard*”. My mind is on the things I didn’t accomplish at work, dealing with family issue and also letting my mind wandering off into open spaces.

I’ve learned to be grateful for His patients, love, mercy and grace because it so easy to get off the spiritual highway if you are not grounded in Jesus Christ. In chapter seven, “The Bitter and the Sweet” Jesus Christ showed the greatest gift which is love, because he did what no human being could do, which was to die for the world sins for which he never committed.

So, his suffering on Calvary was truly love for all and I have realized more now that I must continue to show that same type of love for others not matter hard it is to do. I know I must transform me more so God can shine through me for his kingdom and in your words how it would be great if entire church could be transformed if only if they would love.

This verse, *we” put off the old man with his deeds; and have put on the new man, which is renewed in knowledge after the image of him that created him.”* (Colossians 3:9-10). This is properly one of the hardest to do because Paul said, “*For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do*” (Roman 7:15). I have found myself in this very predicament and had to ask for forgiveness for my sins numerous times. I tend to catch myself headed down that path, I think about what just happen and how did I get on the path of sin.

One thing for sure when praying out loud, you feel a sense of relief because I've learned to not to hold bitterness, anger, or resentment in my heart. I just read in *Spiritual Journey* on anger which I am currently facing now with one of my siblings. I have to admit it has help me to sit back be quiet and listen to the best avenue to take through the profound words that are in that specific chapter. It helped me to forgive and not blame even if I did not cause the situation.

I now know I must meditate day and night in order for an conversion to take place, which has nothing to do with the outside me, but a conversion which take place within me. I know once I make the decision to know more of Jesus Christ and to study his word, it would become habitual to place Jesus Christ at the center of my life.

Guyon, Jeanne. *Experiencing God Through Prayer*, Whitaker House, New Kensington, PA
Dr. Walborn, Wanda. 2020 *Spiritual Journey*, "Can I Really Get Close to God?"
All Scripture quotations are from the New King James Bible Holy Bible