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Guyon paper

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During this time of reading the book Experiencing God through prayer, many things have come to my mind and taught me the things I know in my spirit to be true. So to look and meditate with these tips in mind, I've found it easy to apply them to my time with God and allow myself to draw closer to God.

When I first started just benign to meditate on God I began to just look for his presence and it became more manageable when I asked Holy Spirit to translate the words in my heart that I didn't know how to communicate I would then be able to fully relax into his presence and find rest without distraction in my time with him. During this time I would begin to feel more peaceful than I feel normally and In my spirit, I would embrace this time to just exalt him in all that he is and thank him silently. When I would quiet down and just sit and be still I would feel his presence so much more and this is when I first experienced anything that I saw was a cloudy window and you just couldn't quite see through it. Then a hand appeared in front of it and as it moved over the window the window became so clear to where I could now see through it and all I could see was the sky and nothing else as the picture became so clear. Soon after this experience, I came out of my meditation and silent time with him, and the same peace I had experienced in my meditation was what I felt for the rest of the day as he let me rest in his peace. It was honestly one of the most amazing experiences I had where I was just praying and just being in that stillness knowing who he was and he showed up and just changed everything for me.

Another time while I was in prayer and worship and I was begging to pray out loud on my own I began to feel his presence in the room and began to feel that while I was praying he was wanting to take over. As I felt this I began to quiet down and I sat down on the floor and just began to worship quietly as time passed during that time I went silent and didn't realize I had stopped worshipping and in that time He opened my eyes (not physically) and while my eyes were still closed I could see my entire room and while I'm not sure what the full meaning of this was it was a powerful experience in my time with him. It felt as if he were trying to tell me something by showing me what he could do. So my understanding of it was that even if I closed my eyes he would begin to let me see what was happening even in my space. This is how clear he wanted it to be for me. This was special to me because something I often ask for is clarity and for me to begin to realize the things God does and never become oblivious to it. I never wanted to allow it to become something I thought of as normal, I wanted to recognize each and everything he did and thank him for it so that it would be testimonies of him and so that he would receive the honor in all that was happening. The book helped me in this experience because, one of the chapters, it talked about *The Formal Prayer* which was an interesting chapter as it talked about how praying out loud could become burdensome while it didn't feel that way at the moment I knew that God wanted to take over and I needed to quiet down begin to just allow him to move in that space. This helped me because I felt that it talked about this chapter that we should let the spirit lead in every way especially if we feel that by ourselves during our cool prayer time. After all, as soon as I felt that he wanted to move and I need to change what I was doing and allow him into that space with me so I could hear and see what he wanted to do.

While these two experiences were probably the coolest and there will probably end up being more, the most common thing that came from him was the sensing he gave me, and while

in these times with him he would allow others to speak into them when I was out of the space. So I would pray alone and get sensing of things God was trying to tell me and others would confirm these things at different moments in time. Which I found to be the most common way I experienced him in these times of prayer. I think that throughout this I've become more hungry and more thirsty for him because of just who he is and how much more I want to get to know him. One thing I've begun to notice as I was going through this was the building of journals. What I mean by this is that in one previous journal, I would ask God for something like for him to speak into a situation or even something that I wished would happen, and as weeks went by he would do it but it would be so subtle in the way he would do it because it would happen over time. So as I reflected on all the things I had written about I began to notice what he had been doing even in the time this class and this semester and just overall since I started journaling. It's become a very rewarding and intimate time with him to see all that he does, seen and unseen, and how he can move in very big ways. but he also takes the time to move in such small ways as well and even goes as far as not letting you know he's doing these things. This honestly is in itself an answered prayer because i've been wanting to see him in all things that he does., and it has just been amazing this experience of finding him in my own time in all the things that seem normal but are just him moving.