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RETREAT REFLECTION

My experience at the retreat is beyond words. When I first heard that I had to go to a hotel room all by myself, it was not appealing to me, based on the fact that I do not like to sleep in a hotel bed, because I am OCD, and always cannot deal with sleeping in a bed that so many unknown people had slept in. When I came to school and heard that someone copped out, because they did not want to go (which was not the whole story). I said I did not know I could.

When we went to class and were introduced to the stations, it was another whole experience. It was so surreal. When I wrote down my worries on the stone and started carrying them around, they became alive. I went to the painting station to seek a solution; I identified what I needed to do. By the time I reach the spaghetti room, I was ready to wrap them in that cloth, which I think represents Jesus' blood and broke them off me and throw them away. I cried. I then went to the chapel and totally surrendered. I submitted myself to Him there. I asked Him to take control. I went to that hotel room, determine to connect with God, in an unusual way. I got down in fasting, prayer and meditation. I identified some things, I need to do, to be closer drawn to Jesus. I really felt his presence.

The locations after gives me a sense of awareness of how much we need to apply His principles, not only to our lives, for our own upliftment, but seek to uplift others also, showing love and kindness in the world, has Jesus did.

The contents that approached my spiritual formation, has been that all that I was doing in my Christian life, has been highlighted, the lessons put structure to my activities and makes me see clearer.

what I am doing and why I am doing it. It highlights the benefit of doing them and shows me where I need improvements. I teach bible lessons and I gather a more structured approach to teaching. I have a lot more information to use in my daily life first and to help someone else. One such lesson is the importance of community worship.

I value my relationship with God and the classes make me value it more. I also value gathering together with my brethren, my eyes are open more to things they could be facing and how to seek God for wisdom and understanding to deal with someone who may be having a difficult time and needs that hand extending. With a little patience. Many times, we tend to write off people for bad behavior and do not recognize that it may be a reaction from something they are going through. These lessons help me to look deeper at things, not just at face value.

Three (3) spiritual disciplines I connected with during the course are (1) The lecture on grief and how we deal with it. It tends to shake our faith as a child of God, speaking from personal experience. The lesson highlighted that God is always with us, no matter the situation. The encouragement is that we should have "self-knowledge and look at God, as He is looking at us." (2) Accepting the embrace of God, which encourages us to read God's word with prayer and meditation. Listening to Him with our hearts more than our ears and offering more of ourselves and relationship to God. (3) The Lies we believe about ourselves. We are encouraged to ask ourselves, where do we place our value and who is shaping us? I was taught that the issue of my value is settled at the cross. God see us all as His children and we are important to Him.

It is very important to involve people in our spiritual journey. The act of serving the Lord is to serve people. Galatians 6:10 says, "Therefore, as we have opportunity, let us do good to all, especially to those

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who are of the household of faith." I teach Sunday school at my church, I am also the President of the Ladies' Ministry of over two (2) hundred women. I plan to share all this wealth of knowledge with them and to incorporate the retreat activities in our Ladies retreat coming up. I thank you for the information and know it will be a huge blessing to them, as it has been to me. One of Jesus' missions while on earth was to do good. We should make sure to follow His example.