

Testimonies from Participants

Drawing Close to God Spiritual Formation Group series 靈命塑造小組參加者見證分享

Participant A:

Meditation in spiritual formation gives me new ways to encounter God. It makes me experience HIM in a whole new spectrum. Through visualization and imagination, I notice that the distance between God and me is getting closer and closer.

透過靈修默想，開啟了我與神相遇的新方式。它讓我從全新的角度經歷神。通過視覺和想像，我發現神與我之間的距離越來越近了。

Meditation in spiritual formation gives me new ways to encounter God. It makes me experience HIM in a whole new spectrum, to experience God through my heart but not my head, and personal experience with God instead of 3rd party's like those from spiritual leaders (e.g. Paul and Peter). It's no longer the stories from 2000 years ago. Instead, it's from my own stories. Through visualization and imagination, I notice that the distance between God and me is getting closer and closer. It makes me willing to express my true self to HIM, which in turn also makes me understand myself better. I really enjoy sharing in the spiritual formation group. It expands my view of God. It even gives me chances to witness others' growth in HIM. Since the experience with God through this course is so real, personal, and sweet, I'm more eager to talk and listen to HIM every day. Another function of spiritual formation group to me is to provide spiritual support from peers. As the Bible said, the path to heaven is narrow. It's good to have companions. So I won't feel lonely and give up easily.

Participant B:

In prayer, I tried to get in touch with my feelings and understand what God try to tell me through the image in my mind. Gradually, I am able to get closer and closer to God.

在禱告中，我試著觸碰自己的感受，嘗試理解神想透過腦海中浮現的圖像告訴我什麼。漸漸地，我可以越來越走近神了。

For the past couple of years, God healed my childhood trauma and I need to thank God by connecting with Him through prayer. So, I signed up for the Spiritual Formation group hoping to get a mentor though I did not know what would be taught and what to expect.

Karina is my coach. During the meditation sessions, she guided us on how to prepare ourselves internally (our mind) and externally (our body) to meet God. I was brought to a quiet and calm mind, attending to the senses of my body, and willing to open my heart to let the Holy Spirit lead the way to God.

I helped myself focus by closing my eyes while Karina read the selected Bible verses 3 times and asked us which word(s) or sentence touch our hearts. Then In prayer, I tried to get in

touch with my feelings and understand what God try to tell me through the image in my mind. Gradually, I am able to get closer and closer to God.

After we share what we had seen in meditation with Karina, she will guide us further and help us find out what God tried to tell us from those images. I am looking forward to meditation sessions in the next series.

Feedback from retreatants who have joined a silent day retreat 靜修日參加者回饋

- Learned to rely on God more
- Encouraged me to mediate with God to build closer relationships with Him.
- A deeper understanding of God's love for me. Makes me more confident coming to Him.
- 1. Surrendered to God, 2. Self-acceptance 3. Be humble 4. See God in all things
- I felt Surprise for experiencing the Holy Spirit who is present with me, guiding and showing me unexpected messages 2. Feeling how great God is, His love, mercy, power, and wisdom 3. Precious sharing between group members, experienced interconnection, support, and encouragement 4. Enjoyed outdoor walking and silence time meditation in nature environment, prayer walk place