

## Reflection on “Experiencing the Trinity – *A Spiritual Renewal Retreat*”

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Before going to the Retreat, I read some of the pre-reading materials forward by Dr. Rey and I find it very helpful especially understanding what the retreat will focus on. I found the readings very interesting as it discusses about true surrender to the love of God, living on mission with God, leading of the Holy Spirit in every aspects of lives and so forth. I was excited to attend the retreat and know more on how to journey with triune God in our Christian lives through Spiritual formation exercises.

Before, my only expectation from the retreat was to be spiritually renewed as last few months my spiritual life has turned upside down because of busyness in my ministry in local church as well as preparation for the future ministry. I could sense that my spiritual life has turned really dry. But when I attend this retreat, I found more than what I have expected. On the very first day, when Dr. Fleming showed us a picture on the PowerPoint that shows a man with his bag pack sitting next to Jesus, talking to Him before going to the mission field. I pictured myself there, sitting next to Jesus, spending time with Him, discerning his purpose in my life as his servant willing to take His cross and fulfill his plan in my life. Therefore, I was so moved to learn that spending time with Jesus is our ultimate qualification not a degree that we possess. Then, I started to crave more to have fellowship with Triune God during this retreat. Each day, I began to experience the presence of God the Father, the son Jesus Christ and the Holy Spirit through different intentional spiritual formation exercise such as exercising Silence and Solitude, Meditative Prayer and Praise, *Lectio Divina*, Transforming prayer etc . Even though I attended this type of retreat before during my studies in IGSL, it was a different experience for me. I got an opportunity to return to God and be with him, listen to his small voice and let go the control of the world. I was able to bring my whole being to God. Even though God didn't show me images, I was able to rest my soul to him and just concentrate on His unconditional love and how He longs to be with me. I focused only on how may I be found by God not on how may I find God? I just prayed and ask for the spirit of surrender to be able to do what He is calling me to do. This really helped me to totally surrender to God and find inner joy and peace within me.

Moreover, the exercise of creating sacred space also helped me immensely to be aware of the presence of God. I am blessed to learn that each and every one of us has a safe place where God wants to fill that space with His presence. I learned that our God is a personal God, who will come to our presence when we want him to be with us. I'm more confident that the Lord will be ever present in my midst when I spent silence and solitude with him. We are so busy with our daily schedules that we always forget to invite God in our midst. Through transforming prayer, I experienced that

God is a healer who can heal our wounds and our broken souls. There is a healing in the cross and God can overcome evil, pain, shame, helplessness and all the things that cause us to withhold from God. Even, God can work in and through us to be an agent of blessing by healing people with woundedness. I was so blessed to know different healing experiences in the lives of our speakers and it assured me that God is the healer of our soul as well.

So during this retreat, I could sense myself more spiritually renewed. I came to experience the love of Triune God in more personal way. This retreat has become good head start for me to enter into the mission field which empowered and strengthened me, give me hope and understanding of Gods' love in my life. This doesn't ends here, I'll be taking a retreat time twice a month to listen to God and experience his presence in my life. I'll make a rhythm of spiritual formation in my life and intentionally spend time with the focus on Triune God in a special way.