

Friends of the Center

Connection with God

Within ministry, one is so passionate about giving and giving amid the hustle and bustle of everyday life that we often forget to pause silently to receive what God offers us. A few days ago, for ministry reasons, I had to go to a place within minutes of a national park, so I decided to visit it. As I drove towards the park and entered it, I saw gigantic trees, magnificent in their grandeur. They impressed me so much that I had to pull off the road and look for a place to park because I couldn't stop admiring the impressive sequoia trees there. I felt like I was in the land of giants, a place that left me speechless, leading me to admire God's presence in the silence and stillness of His immense creation, where contemplating the nature of His creation also leads to contemplating the immensity of God. For a few moments, I lost track of time, and it made me reflect on the prayer that I do every day in silence. This time, however, it was the other way around; the silence led me to pray: a silence that was not an absence but presence, a silence that led to prayer, a silence of peace, (Philippians 4:6-7) a silence of joy, a silence ready to receive what God was giving me, a silence in which I experienced God at the deepest level.

It is interesting how contact with nature can lead us to deep reflection and a more intense spiritual connection. Silence can lead us to a different inner prayer in which God's presence becomes palpable through what surrounds us. It is true that sometimes we can find ourselves trapped in giving without taking the time to connect with ourselves and with God, even though as in my case, we think we are connected. Prayer is the powerful path to finding clarity, peace, and spiritual renewal. Jesus himself invites us to pray with him (Matthew 7:7-8).

My experience in the park was a deep and genuine connection with the presence of God, a moment of communion and gratitude that I should always have anywhere I find myself; a moment to be genuinely receptive to the fact that God is present in every prayer, in every moment we need Him. He seeks us, He knocks on the door (Revelation 3:20), but we must be aware of this and ask ourselves, "How has God impacted my life today?"

Indeed, it's crucial to remember that we also need moments of silence and personal connection with God to renew and strengthen us spiritually. He gives us what we need to be able to keep giving.

– María Antonia Amao

