

Something to think about: 7 March 2010

### **A personal experience of God**

I was watching my porridge cook in the microwave the other morning. I was staring mindlessly at the bowl going round and round when I had strange experience. Into my mind came the conundrum “how do you have a personal relationship with God when you no longer think of God in personal terms?” I have long given up on the old man in the sky with a beard and who turns his ears to me from time to time if I get my petitions correct and reach the top of the line for attention. But I was longing for that old sense of being loved and concerned about, even if I was not very important or clever – that warm sense that brought such confidence and security to me when I was a youngster. Without any conscious thought, suddenly I seemed to be experiencing a deep sense of oneness with my porridge in the bowl! I was experiencing a profound sense of thankfulness that it was there for me, just me! That it had been grown in sun and rain for me and harvested for me. I don't really have words to describe what I was experiencing, but in an attempt to think about it later in the morning with my rational brain, it seemed strange on the one hand and yet on the other seemed to make the all the sense in the world. Phrases like ‘be still and know that I am God’ and ‘in God we live and move and have our being’ seemed right, seemed descriptive. I am prepared to name it as a ‘vision’ of the oneness and the interconnectedness of all things in God; God that is or who is, the life-giving energy holding all things in relationship for the benefit of the other. I wonder if I will ever have such an experience again. **Susan**