

## Initiated by God

*By Yvonne Tso, Spiritual companion/director and Health & Wellness Team Member*

It was our first meeting ... six friends getting together for a journaling group. Our initial assignment was to draw a picture/floorplan/whatever of our favorite room from our childhood, or a favorite place. Simple enough. I drew the floorplan of my bedroom – bed, dresser, shelves, desk, and two windows. But I didn't stop there. I felt drawn to sketch what lay outside one of my windows.

We lived on four acres, two sides of which were bounded by a state park. On a third side was a long, often abandoned horse pasture. So we had a lot of privacy ... something my Dad always wanted. I drew the trees and a couple of deer. And then I drew my Dad's vegetable garden. That's when I felt the tears gather in my eyes and a big tug pull at my heart.

It had already been four and a half months since Dad passed. I thought I had been handling the grief well and that life was back to normal. And yet, clearly, God knew otherwise.

After the drawing part of our meeting and a bit of sharing, it was time to journal about our drawing, the process of drawing, or whatever came to us during the drawing. For me, it was a time to reflect on and write about my Dad and how much he loved his vegetable garden. That, of course, led to other memories. What a good way to help process grief!

And God knew that I still needed to process my grief ... It amazes me that this gift came not in a church setting, nor did it have anything to do with church. It happened outside of church and outside of any voiced prayer. And yet, it met a deep need I didn't even know I had. God met and ministered to me even when I was not seeking God at the time! God initiated this unexpectedly. This experience convinced me more than any other that God is real, and intimate and cares for me deeply and uniquely. This experience and what it says about God's love will stay with me for a long time.

What about you? Has God initiated an unexpected solution for a need you didn't even know you had? If so, I would love to hear about it ...

Yvonne Tso, Spiritual companion/director and Health & Wellness Team Member

**Questions?** Contact Yvonne Tso: [YLTSO22@gmail.com](mailto:YLTSO22@gmail.com)

