

## **How to Experience a Personal Relationship with God**

A few years ago, I read from a book of poems by one of my wife's ancestors, who was not a religious man. He said the best way to pray to God is with our actions. God does keep most of us in the dark with respect to the finer points of doctrine. But there is no mistaking the needs of those who need a helping hand. And there is no mistaking their gratitude when you lend a hand. And there is no mistaking the overwhelming sense of joy one experiences afterwards. Jesus mostly focused on the doing, not the theology or external religious observance. Religious ecstasy, or the joy that people find in a direct mystical relationship with the Spirit of God, has for the most part eluded me. But the joy that may be found in helping someone in need is readily available to anyone. When we love one another, we are loving God. When we are loved by another, God is expressing His love for us. We all possess the divine nature (ie. Christ within), and it is through human relationships that God personally relates to us.