

Experiencing God through Prayer
Jeanne Guyon

As I waded into this book on prayer I began to understand a lot of things regarding spiritual disciplines and that most, if not all of our spiritual walk it is effortless. However, effortlessness is not the same thing as unintentional, I felt like the Holy Spirit was telling me that we can get so busy with works and doing that we forget to intentionally rest and be filled in His presence. My favorites were, Scriptural meditation and Remaining quiet in God's presence. This book has been very helpful in my understanding of prayer and Scripture reading. Sometimes I felt like I was "running out of things to pray for" but I was reminded of Romans 8:26-27. I began to read a chapter from the Psalms in my time of prayer either in the morning or at night before going to sleep. Just by reading verse by verse and dissecting and meditating on it until I got everything the Holy Spirit was speaking into my heart. One of them was Psalm 34, it was a lot to unpack this but the main verses were "Those who look to Him are radiant" which spoke to me because literally the next day I opened my window and the sun was shining so bright it felt like it was going through me. Psalm 139 and Psalm 103 also helped me to see God's character more and more. After reading Psalm 103:19 "The Lord has established His throne in heaven" it reminded of Isaiah 66:1, "This is what the Lord says: Heaven is my throne, and the earth is my footstool" and since then I had this like image in my head of someone sitting but I could only see a very bright white almost translucent robe and like gold colored sandals that were like resting on the globe, earth. Another Scripture I was meditating on that was specific to what I was feeling that day was Psalm 139: 11-12 " If I say, " Surely the darkness will hide me and the light become night around me", 12 even the darkness will not be dark to you; the night will shine like the day for darkness is as light to you". I was dealing with fear and the Holy Spirit reminded me of that verse so I began to recite it and unpack the whole chapter. I had never practiced being quiet in God's presence, it was never something I would do. It just wasn't an option. I would always talk, pray or sing in my time with God or even throughout the day. I realized I was making a mistake! I thought it was "inactive" and "ineffective" but then I would wonder why "God never spoke to me". By being quiet in His presence and yielding to the Spirit of God I've heard songs or even little pieces of songs sometimes even secular songs or words or verses that would just pop into my mind and it fills me with so much joy and confidence like wow God speaks to me in songs and often it'll match a scripture from either Isaiah or the Psalms so again would lead me to Scripture Reading. Also, now when I kneel to pray I just feel peace and like an embrace, even before I've started pouring my soul to God I feel his presence like a surrounding mantle, pure, loving and peaceful. I'll close with two quotes from Guyon that I loved , "God is exceedingly jealous over His children, He does not permit them to walk in false hood." and " Hearing is passive rather than an active procedure."

