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Introduction to Spiritual Formation  
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### First Guyon Response Paper

Reading *Experiencing God Through Prayer*, at the nail salon and I have a good sense that this book is going to move me in ways I never knew God before. 1<sup>st</sup> chapter "Thirsting For God" teaches about prayer and the importance of it, it's just as important as our Salvation in Christ! Through prayer and meditating on God's Living Word we grow closer to God as He grows closer to us. If man thirst, let him come unto me, and drink (John 7:37) amen. It's essential for all who are starving and thirsty. Are you tired of feeling like a broken cistern that can hold no water (Jeremiah 2:13) then come, you starving souls, come to be filled. Prayer can help you attain perfection because it will keep you in the presence of God (Genesis 17:1) says walk before me, and be thou perfect. Scriptural meditation is vital knowing God's Living Word and digesting it helps keep us strong, one truth at a time. Doing so will help remember scripture, love The Lord's prayer and how it applies to our daily walk in Christ, and as Christians it brings us to the throne of His grace and mercy. I received from each chapter (4) The Reward of Silence, the prayer of faith and stillness after meditation in God's Word I find praying it out loud to God it becomes easier to come into His presence. It helps remember scriptures with less difficulty I must begin to use my faith/courage without being disturbed. Learn to remain in respectful silence, in His divine presence without being troubled about a subject of prayer and simply enjoy God! Once I feel a release remain in His presence forget all activity seek nothing from God but, except to love and please Him! Surviving Dry Periods (5) God has no other desires than to impart Himself to you, He frequently conceals Himself to you for a purpose. During these seasons when God conceals Himself you may think of ways to prove our faith by greater degree of affection or by exertion of strength and activity. This is not the way I must await with patient love, humility, peace and silent worship. Doing these things show God I delight in Him alone not for selfish satisfaction. Don't be impatient in times of dryness wait patiently for God. In doing so my prayer life will increase and be renewed. In abandonment and contentment wait for Him with signs of love this will indeed please God and compel His return. The Central Force (10) Conversion into Christ is turning from yourself "dying to sin" and focusing more on Christ. The main purpose is our Spirit man to really be converted makes one desire to draw closer to God Making Christ the center of your life, through God's grace we are able to know Him. Never by our own efforts. I love the fact that it isn't us who comes to God but it is He that chooses us first. (John 15:16) Follow the desires of your heart to know God. Amen! Distractions (14) In the midst of all the distractions God is in the midst of her; she shall not be moved: God shall help her, and that right early (Psalm 46:5). In our weakness we are made whole. Hallelujah!