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PMN201 Introduction to Spiritual formation  
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## The Journal of the introduction of spiritual formation

The journey of a christian life never been easier, working with God and all the challenges that we face. Knowing the differences between praying to God and experiencing God's presence in prayer is one of the most important steps in our spiritual journey with God. This exercise was very difficult for me, the first time I did it, like Guyon said in her book, "The mind is so limited in its operation that it can only focus on one object at a time". That was my problem that day. I could not focus and stay still to hear what God was telling me because God's desire is to communicate with us. His words are the nourishment we need

The second week, It was 5 o'clock in the morning, I could not sleep, I took the book and my Bible, because the house was silent. I felt real peace in my spirit after reading the next three chapters of the book. When you "have settled God's presence a peaceful spirit and are fully aware of God's presence." I said to myself. "God I am here now, I just want to hear a word from you", at the same time, God whispered in my ear Psalm 124. In the passage God reminded me, "do not be afraid because I am on your side, the enemy would not keep you in the trap, I will make a way for you to escape."

The third week, 10 o'clock at night before I did my devotion, the three following chapters of the book that talks about being patient during suffering. I learn that day there are many people suffering from stress and anxiety, they lost faith, joy and peace. God made me understand in the song that he put in my heart that He is faithful to give back everything that the enemy took away from us. "I'm reaping the harvest God promised me, Take back what the devil stole from me And I rejoice today, for I shall recover it all, Yes I rejoice today, for I shall recover it all".

As the week went on, I started to understand the reality of experiencing God through prayer in those chapters that are related to my spiritual growth. In the book that Guyon says "Commit yourself wholly into the hand of loving God, the closer your spirit draws to God the stronger your flesh will become to resist the temptation of the enemy".

Entering into this spiritual formation journey helps me to resonate that prayer is not only to ask God favor or help you in trouble or talking to your father, but it also a practical way to feel, understand, hear God's guidelines for you through your daily life journey. On that day I experienced healing from God, I felt so sick, I was in bed and could not pray but I did the 10 minutes after that felt much better. There was no fever, no headache and I was able to go to school the next day, how amazing is that. I Thank the Lord for His faithfulness.

Chapter 13 and 14 talks about how Examining yourself is a very important step that every christian should take because we have to be careful and not dwell much on your weakness. Sometimes we realize that usually the enemy uses them to draw us away from God especially when we do not confess our sin as I go deeper in my meditation I feel in my soul an emptiness like something that I need to do, when I say to God "what do you want me to do? He reminds me of someone that I should see and I spoke to her the same day. After this spiritual formation journey I concluded that reading the text and meditating on it afterwards was a new experience

that I certainly enjoyed. Though it was something that I do every morning, using the text to further my devotion helped me gain more favor from God and more understanding in what He is saying to me.