

Guyon Response Paper I

After reading the book “Experiencing God Through Prayer” written by Jeanne Guyon and practicing a time of stillness each week, I have learned a few things about my relationship to God. Now, after five weeks reading fourteen chapters and practicing five times of stillness, it is time to summarize the past weeks. That is what this paper is going to be about. In the first week in my eight minutes of stillness I realized that it does not matter what I am praying for. It is my own decision what I want to pray for. No one will complain, as long as I think this prayer is good for myself. It also does not care how I am praying, there is no right way to pray. Everyone should choose a way that is a good way to pray for themselves. To come to an end of the first week, Lord taught me that I should feel comfortable in my prayers, no matter where I am praying, what I am praying for, how long I am praying and in which way I am praying. It is my decision and I have to feel comfortable, then I will be able to reach what I am praying for, we will be able to live in God’s presence and we will be able to enjoy the sweetness of his love.

These few things, God taught me in the first week, were very helpful in the following weeks as well. I have been through tough times in the past nine years. These hard times started when one of my grandfathers passed away in 2011. In the following years my other three grandparents passed away as well. I also had really good times in between for sure and I have been happy with my life, but then the tough times ended when my father passed away three years ago. Every one of them was really sick and it was good they no longer had to suffer. These things always came to my mind when I sat in my room in eight minutes of stillness. God told me that I should move on and live my life, because I cannot turn back time and change anything. God also showed me that there will come better times. This year I finally was able to live my life again and me and my family had really good times again, but then the pandemic stopped my optimism. After the fourth time of stillness I now know that I always can trust in God. Even though me and my family have been through hard times and the whole world is now going through tough times, God taught me to always think and to always stay positive and he was right. After this time of stillness, I finally was able to come to the USA and live my dream I have worked a long time for, even though things changed a few days before my travels. I am pretty sure God will help us get through these times and will teach us to stay positive and live our life as good as possible. My fifth time of stillness was on my first day in the United States. I have been very glad I had safe travels and finally arrived where I want to be for a longtime and I am thankful God supported me on this journey.

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He told me that we will get through this time of quarantine and as of so far, he helped me to not get homesick. I am looking forward to read the following chapters in the book and to gain new experiences on my journey of practicing the times of stillness.