

Jacob Fernandez

Guyon Response #1

Many Christians on the long walk of faith have struggled with such a topic as this probably more times than we care to admit; the reality is we kneel down and don't know where to begin. I'm grateful that in the first 10 chapters of Experiencing God through Prayer Guyon takes you through a prayer 101 course which is designed specifically for the praying rookie and provides ways to overcome the overwhelming feet of communing with God.

When I sat down to practice such tried and true methods or even launch pads if you will I found that Scriptural meditation was the one where I heard the Lord the most clearly. For me I always thought prayer was only good when you came up with your own ideas or went on for a long time without stopping to collect your thoughts, but boy was I wrong. The reality for me is that praying through a Psalm or multiple at once proved to do much more for my thirsty soul than the countless times I went on my knees aiming for a length that would make my knees hurt. At times when I questioned where I stood before God I flipped to the passage that affirmed what He had done for me through Christ (Eph. 2:1-10). When I momentarily forgot what it was to follow Christ I turned to the very scripture that told me so (Luke 9:23). When I felt as if I had no light to guide me in decisions I turned to the scripture that told me what and who my light is (Psalm 119:105 and John 8:12). In the dark night of the soul I was reminded that I was not alone.

What I ultimately heard, saw and sensed from the Lord during these times of stillness is that He is ever present and all of Scripture is indeed breathed out by Him. For one to rightly pray to God He must know God and for one to rightly know God He must read and believe in His Word. When one feels as if he or she has run out of words to say or feels as if they don't know where to start I learned from God that we can start with what He has said first, His Word.