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PMN101

Guyon Response Paper

Personal Account of Experiencing God Through Prayer

As a Christian, it is so easy to become lost in the day to day life. The things we do, such as prayer, meditating or reading the word can become a religion thing for us. Meaning we do it just for the sake of doing it and we dont stop to actually consider whether this is helping us mature spiritually.

Experiencing God through Prayer by Jeanne Guyon has been an interesting read. The way Jeanne Guyon explains and breaks down steps towards experiencing God has been enlightening. This book can be for a newly converted Christian or someone like myself, who has been a Christian my entire life, but I needed a refresher in how to approach God and how to better serve him.

Chapter one is called Thirsting For God and it is one of my favorite chapters so far. We always forget about this, but it is so important to be thirsty for God. I was reminded that God wants us to come to him as we are. We do not need to be perfect. God wants us to go to him in our sadness, in our pain, in our afflictions. I was once again reminded that God wants to bring out the best of us. He wants to heal and restore us.

Chapter one also shows "Oh, dear ones, do not think of yourselves as misfits" (Guyon 21). That is such a beautiful sentence. Misfits sounds like such a negative word. We are not misfits. We are God's creations, and God does not create misfits. He just wants us to seek him.

In chapter 2, we find the following statement: "In physical food you receive no nourishment until you chew and swallow the food. The food may taste good in your mouth as you continue to enjoy its flavor. But it is in swallowing and digesting that it benefits the body. In an act of love, full of respect and confidence in God, swallow the blessed spiritual food He has given to you. It will cause you to become a mature Christian." (Guyon 26) This is a colorful interpretation of the word of God and how we should take our time to read it and truly process it. We can skim the bible, but are we really taking it in that way? Would we truly understand what God is trying to convey to us through his word if we speed read? I like to think of the bible as a love letter from God to us. Would anyone ever speed read a love letter? It would be inconsiderate.

Chapter 4 is my next favorite chapter. Chapter 4 is called The Reward of Silence. It states: "Seek nothing from God during these quiet moments except to love Him and please Him. A servant who places all diligence in his work only for the reward is unworthy of any recompense." (Guyon 38) This is something that I am trying to always keep in mind during my times of prayer. I try and remember that it is never nice to approach someone and immediately ask for things. First you must sit in silence and just meditate on God and on the things he has already done for us. The mere fact that anyone can wake up and be in their right mind, is an act of God, and we owe Him gratitude for that.

Chapter 5 was called Surviving Dry Periods and it reminded me that as humans, it is ok when we go through periods where perhaps we don't feel anything from God. My old instinct would have been to beat myself up about it, but what I received while studying this chapter is that sometimes God wants to bring out more from us. There is nothing wrong with that. It reads: "During these seasons, you may begin to believe that the ways to prove your faith is by greater degree of affection or by an exertion of strength and activity. Surely, you may say this will induce God to revisit you. No, dear soul, believe me, this is not the way. You must await the return of the Beloved with patient love, humility, peace and silent worship." (Guyon 41) So this

chapter reminded me I need to show myself grace, and wait on the Lord our God.

I am grateful for the opportunity to spend time with this book and be able to journal my thoughts. I feel that as a person, as a mom, as a daughter, as a wife, as a Christian, I am growing and maturing in the Lord. That is priceless to me.

Works Cited

Guyon, Jeanne Marie Bouvier de La Motte. *Experiencing God through Prayer*. Updated ed., New Kensington, Whitaker House, 2004.