

Carlos Gomez.

### **What is present for you?**

Something present for me is some of the Roman Catholic traditions. These practices are related in many ways to my Christian background as a growth in the catholic denomination. Including, prayer methods, and meditation, among others. Additionally, something that is also present for me in this article is the part that mentioned that the Church is primarily described as the people of God, and not an institution. As Christians we must recognize that we are the church, we are the people of God, who stand together to serve Him and others. Being in the Church means following God's words and living in His divine presence. Spiritual direction is essential in our life as human beings because, without divine spiritual direction, we can't move forward.

### **What did you learn?**

Something I learned from the first chapter of the article is that the vocation of every baptized person is the calling to be an apostle or a disciple. This is very important for me because it is a new thing that makes me understand and contrast what I already know. Additionally, in the early year of science, spiritual life became an essential piece of investigation for scientists. This is a piece of important information for me because still today, science is trying to find what is behind spiritual life. However, the best way to find this out is to turn our lives to Jesus and find the truth through His Holy Scriptures.

### **How will you approach the discipline moving forward?**

As I keep moving forward to discipline I will encourage myself to have the guidance of God as my priority in my life. God's guidance is the divine assistance that is present in our lives every day. Another way I will approach discipline is by having a clear understanding of what God is telling me to do. This will help me to do right and live in peace with God and myself. Additionally, studying deeply the scripture will help to develop enough confidence in God and understand life based on His word. I will also approach the discipline by encouraging myself to holiness, and always accept God as the only resource of salvation, forgiveness, and eternal life. Additionally, I will pray to the Lord for spiritual direction. As stated in the article, spiritual directions can help us be sensitive and help others to feel the love of Christ.

