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Introduction to Spiritual Formation

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Guyon Paper

Reading the chapters in Experiencing God Through Prayer not only allowed me to gain more knowledge, but it helped me spiritually. It helped connect to God in a way I haven't connected before. I am truly grateful for being introduced to this book as it encouraged me to grow my relationship with God and bring me closer to him. The moments of stillness helped me everything running through my head aside for eight minutes and focus on what God wants me to focus on. The Lord knows my every thought, so he knows what I need and what will help me become stronger mentally. The verses in this chapter stood out to me and allowed me to understand the meaning behind them on a deeper level. As I am a transfer student to Alliance University, I struggled a lot to adjust to a new environment and I struggled a lot mentally last semester as I am in the nursing program and I felt so isolated from everyone and everything because I am always so focused on studying.

Sitting in stillness for eight minutes may feel like a very long time, but for me those eight minutes went by very quickly. After reading the chapter and sitting still allowed me to peacefully and thoughtfully reflect on my thoughts on what I just read. In these moments I felt God speaking to him. There are normally a million thoughts running through my head, but in those eight minutes I focused on what I was struggling with that day and in those moments I would listen to my thoughts on what I can do to help myself and it really helped me.

There were many times throughout this semester where I felt like I wasn't good enough or I felt like I was struggling with school. There have been moments where things would not go the way I wanted to and I felt like giving up, but my I knew the Lord would want me to keep pushing and put my all out there until I achieve my goal. There was one day in specific where I was stressed about my exam the next day as it was one of my first exams of the semester and I decided to read a chapter and sit in stillness and in those eight minutes I felt a sense of ease and calmness and I felt like that was God's way of telling me to relax and not be stressed for my exam as my hardwork will pay off, and the next day I took my exam and I did really well on it, so I reflect back on the moment because I truly felt like that was the Lord telling me to not be so hard on myself all the time.

One chapter that really resonated with me was "Thirsting for God". God is the one who no matter what we do, he is going to forgive us and love us regardless of the circumstances. We have to understand the love he has for us. His love for us is unconditional. He sent his only son, Jesus Christ to die on the cross for our sins. Although many of us may struggle to believe it, he forgives us. We have to have a faithful relationship with him and want to grow our relationship with him to become stronger.

Another moment in stillness I had was I believe in the just this last week, when I found out my uncle was in the hospital and he is in critical condition, my moment in stillness all that was going through my head were all the memories we had together. I feel as though this was the Lord's way of telling me that no matter what happens, my uncle will always be a part of me and that my prayers for him are being heard by the Lord.

I am truly grateful for being able to experience my moments in stillness throughout this semester and I will continue to do my best to have my own moments of stillness because it has

helped me get through times of hardships and struggles. My relationship with God has grown more than I can imagine and I am eternally grateful for that.