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Spiritual Formation

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Guyon Response Paper

In reading this book and taking time to make room for God to speak to me I've amazed myself both at how much I was able to learn, and how simple the steps are to make room for God. Reading "Experiencing God Through Prayer" by Jeanna Guyon and following the reflection instructions to go along with the book has given me skills to last a lifetime, taught me lessons that are and will continue to take my reading and prayer life to the next level. I am truly grateful for the knowledge I have obtained.

Chapters 1 and 2 broke down many misconceptions I previously had regarding prayer. "Let everyone without exception come! For Jesus Christ has called all of you". God used this line from chapter 1 to address me specifically. I used to feel as though I couldn't pray when I was in sin, and that I was unworthy and that God didn't want to hear from me. My old mindset was that I could only repent and wait for a week where I didn't fall into the same sinful trap of the devil to get closer to God but now I see the truth. Prayer is for the people stuck in sinful nature just as it is for just, and God has such a deep desire to reveal himself to us more than we can ever want him to. Discovering this truth breaks down walls in my life. For so long I've given room for the enemy to condemn me for my sins and discourage me from praying, but no longer shall I be bound. Another lesson I learned is how to pray with my heart as opposed to praying

with my mind. I have noticed a huge difference as now I am able to turn my mind off and allow God to speak through my heart. As I reflected on Chapter 1 God did a lot of cleaning in me especially because I tend to not forgive myself even after God already has. Going into chapter 2, I've always struggled with my consistency in studying the word of God by myself. I would read large amounts of scripture, not obtain much, be discouraged, and fall off. Until I learned in this book that when I study it is about quality as opposed to quantity. So now when I study I feel much more confident, and comfortable dwelling on smaller parts and not moving on until God reveals something to me or I learn and retain something. For so long I struggled with my student aspect of studying the bible, but not when I read it's a totally different ball game. Reading and reflecting on Chapters 1 and 2 have lifted a huge weight from my spiritual life with God and I am so grateful. In meditating on these I felt focused, relaxed, comfortable, and capable.

Chapter 4 "The Reward of Silence". This chapter reminded me and gave me that same feeling of learning to pray with my heart instead of my mind. The "reward of silence" in my prayer life is the intimacy of his loving arms and the reassurance that even before I ask anything of him, that he has already answered me. I felt such peace and relaxation come over me, and as I began to meditate on this chapter tears began to flow from my eyes. My silence allowed God to enter my room and comfort me before I even told him what was happening.

Chapter 5 "Surviving Dry Periods". In meditating on this chapter the song "Way Maker" specifically the verse "Even when I can't see you, you're working. And even when I can't hear you, you're working." and the song "You Can't Hurry God" were both dropped in my spirit and I heard them play in my mind. It is very important that your relationship with God is indeed a relationship and not only contacting him when you need something, but during those dry seasons it will test the quality of your relationship. Even when God is silent that doesn't mean he isn't yet

working. Sometimes I've had to wait on God for him to completely renew my strength. I witnessed it and he brought it back to my memory. I always find myself dumbfounded by His methods to be honest. He has a way of doing things from an unexpected approach than how I would think, but He always surpasses my expectations.

Lastly, I'll write about chapter seven. I've found myself throughout this entire book, but I've lived this chapter most recently. Prior to this semester, I've been running from God trying to live my life my own way and trying to piece everything together only to watch it fall apart twice. But in me repenting and turning my attention towards God, somehow I've overcome depression, lust of the flesh, and so much more. And when I think of the hurt and the pain I've been through it is a testament of God's grace and mercy. It is a testament of how broken my life was before God laid his nail scarred hands on it. I somehow feel and believe that my brokenness is made perfect by God and although it hurt I believe that God can and will bring me to an expected end. And that's what marvels me everytime... The fact that God can take all my mistakes and mix it together to something perfect.

Although the whole book spoke to me, the chapters that I singled out spoke even louder as they have made my testimony. I am truly grateful and blessed God's grace and mercy, and all that I have learned. I also look forward to rereading this book so that God can reveal even more and show me different perspectives as he only reveals in parts.