

READING REPORT FORM

PMN 101 – Introduction to Spiritual Formation

Student Name: Lisa Nkrumah Ababio

With integrity, I have read this book (circle one): Thoroughly and Entirely—100%

Quickly but completely—100%

Thoroughly but NOT Entirely—_____ %

Quickly and NOT Completely—_____ %

Not at all

Signed: Lisa Nkrumah Ababio(L.N.A)

1). Where did this book “take you apart?” How did God use it in “spiritual surgery?” (Please use quotes & page numbers)?

-Despite having several close friends, I struggled to come up with more than two individuals I truly trusted. This moment of contemplation caused me to reconsider certain friendships that were impeding my relationship with God. Ultimately, it was a difficult process as I had to sever ties with many people, some of whom I had known for years. On page 79 of the book, the author posed a question that made me stop and reflect deeply. She asked, "Who are the people in your community that you trust?" I don't think I trust much as I find it very difficult to be openly vulnerable but I believe the book pointed me in the right direction.

2). Where did you agree most with the author? Disagree most?

-People who have a strong connection with God are those who crave and yearn for His presence. During a period of spiritual dryness, I found myself exerting effort in my attempts to seek God,

but I soon realized that my efforts were not as wholehearted as I had believed. As this week progressed, I came to the realization that the author's words were indeed true. It took some time, but I finally grasped the concept in its entirety that I indeed didn't have my heart behind my quest for christ

3). What was the key spiritual truth you gleaned from this book? How are you integrating it into your personal spiritual formation process?

-The most important spiritual lesson that I learned from this book is that consistently engaging in destructive behaviors can have serious consequences that hinder my ability to recover. I am incorporating this lesson into my spiritual and mental well-being by utilizing it as a daily prompt before making decisions in my life. In the past, I have indulged in negative activities, and I have witnessed how they adversely impacted my life and mindset. This quotation will serve as a continual reminder of why I don't want to return to harmful behaviors; it will compel me to carefully consider my actions before pursuing anything.