

READING REPORT FORM

PMN 101 – Introduction to Spiritual Formation

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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: F. Overkamp

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

"Spiritual Journey: Can I really get closer to God?" has had a huge impact on my spiritual journey. Especially during my weekly meditations, I frequently thought about the content of this book. One question I remember to think about is: "Will you let me love you?" (p. 30). I found such a powerful rhetorical question, that I started to realize that it is even powerful in my everyday life. It is so important to reflect on how you can understand how you appear to others and how they understand your actions. I basically taught myself the importance of self-reflection. I found very interesting to experience.

Another powerful quote is: "Accepting such a profound, yet simple, offer of love is an act of humility because it is an admission of our need for God." I remember how this was the beginning of where I started to think about spiritual ideas deeper and more detailed. I would say this was a spiritual surgery as it opened up my mind for further discoveries and spiritual developments.

Overall, the book took me apart by opening up my mind and making me think more about the important things in life.

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

I believe it's hard to agree or disagree in this topic as it is all about trying and experiences. I did make good experiences so far with what Walborn suggests and argues. It will probably take much more time to actually be able to judge as we have to see the results of our actions before we say it has been a bad or good decision.

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

First there is faith, which is the foundation of every spiritual journey. It involves a deep trust and belief and the willingness to surrender our will and desires. Furthermore, prayer and meditation are important practices that help us to quiet our minds and focus our attention on God. Self-reflection is an important aspect of the spiritual journey, as it helps us to become more aware of our thoughts, feelings, and actions. Through reflection on our experiences, we can gain insight into ourselves and our relationship with God. Last but not least, gratitude is another important aspect as it involves recognizing and appreciating the blessings in our lives. By cultivating an attitude of gratitude, we can develop a deeper sense of contentment, and strengthen our connection with God.

All of these key aspects also play a significant role in our everyday life. What I am trying to do is using the aspects I believe in the most, and integrate them into my life outside of my spiritual journey. I believe this will enhance my living quality, and lead me closer to the best version of myself.