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March 14, 2023

Lesson 7 – Guyon Chapters 15-17

Honestly, for me formal or structured prayer is not a serious matter. In most cases, when I really

wanted to pray and I don't know what will I say to him or what is really on my mind I pray the Lord's

Prayer. One of the benefits of highly structured prayer is that it can help you to pray in situations.

where you don't really feel like it and might have otherwise failed to do so. Because you have

something specific you know you want to say, you tend to follow through on praying much more

often than you would otherwise.

Formal prayer is not formal in the sense of stiff or proper. Rather it may be defined as prayer that has a specific form of words, actions, or some combination of those features. It is, therefore, distinct from spontaneous or informal prayer. It implies repetition and structure. It is vocal or mental, but not contemplative, though we are taught that it may well lead to a contemplative state. Communicate to God through your heart. I usually pray and talk to him just like talking to my parents. I tell him about my day, the things I accomplished, and sometimes the unexpected random stories. In this way I am able to converse with him with confidence and a grateful heart.

One of the advantages I can think of formal variety of prayers, which are pre-written prayers, is that they give you words to say that you mean when you can't find the words. It can help me to pray in situations where I don't really feel like it and might

have otherwise failed to do so. I beg to disagree about repetition of prayers. I think it is fine to repeat your prayer as long as this is what your heart desires and you are guided by the Holy Spirit. There is nothing wrong if you give gratitude of the same blessing. I do repeat prayers especially structured ones.

Lord God made us, in his image, to be workers, growing things building things, creating beauty, caring for his creation and central to our work should be being in relationship with him. The last few hours of Jesus before his crucifixion show us that prayer can be a real battle. Sometimes we should devote our selves to prayer in the same way. Like a soldier under orders at the eve of a battle, or a sailor on a sinking ship, or a worker in the fields as a tornado rushes towards them. They pray with urgency, directness, clarity and faith that God is able to achieve far more than we can. Sometimes we need to change gear in our prayer life. Not just give a little effort but give a lot. Think big, think costly in time. Some people manage to put times for prayer as their First Priority, perhaps we should each endeavour to follow their example for a while. I realise how far from this I am now, but change is possible.

Life was never easy but if you are willing to surrender it and honor God you will be surely guided to the path the he chose for you. Our journey here on earth is full of rocky and sometimes unknown roads. Let your faith be bigger than your fears.

Recently, I found myself in the dark when I know that he leads me into the light. We cannot predict life. We never know and never will be known, where he will bring us. Let the Holy Spirit led us to him. To fill our lives with love and peace. I dedicate half of my day praying, reading the scriptures and worship him with songs. There is

no great feeling other than being blessed by him. Let me share you my prayer when I feel hopeless.

Dear God, where are you? I am so worried. I feel anxious from the soles of my feet to the top of my head. Everything feels so big, so overwhelming, so insurmountable.

Please help me get some peace. Give me peace that doesn't make sense, peace that I can't produce. Give me the peace of knowing you are with me and that you love me. May your peace guide my heart and mind in Christ Jesus. Amen. I repeat this prayer everytime I am worried. It eases my heavy heart and sadness.

I remember one time as I am walking down the street a christian member of a specific church, which I forgot its name, he said do you wanna know what it really feels like being led by the Holy Spirit? I was too stunned and confused to answer, then I answered no. According to him being led by the Holy Spirit is at the heart of the Christian life. This is clear in the Bible and in the history of the church. If we let the Spirit lead us, our lives will blossom and flourish. But if we neglect or refuse His leading, our lives will languish. Strangely, many believers today seem to misunderstand the Spirit's leading and how it relates to personal transformation. A clearer grasp of what the Bible teaches about this vital truth will help us all as we seek to grow in grace.

When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come.(John 16:13) Many wonder whether this is something that applies to us as well or simply to the disciples. In the context, Jesus

helps us understand the specificity of His promise that the Holy Spirit will guide you into all truth.

Powerful prayer works. Prayer helps me focus on what truly matters. It is important because it helps us see life through a heavenly lens. Recently, I lost a good friend of mine. It's been hard and it's been difficult navigating how to still continue my day and be with his family who are also hurting. Prayer has been a lifeline for me during this time. It's allowed me to connect with God, hear Him, and feel His comfort while his family and our community walk through grief.

Paul writes in Philippians 4:6-7, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Lastly, I would love to remind you and myself as well that whatever battles you're going to face just close your eyes, feel your heart and talk to God. Surrender everything to him. Open your heart and let God enter and guide you. I think my relationship with God is a lot stronger than it used to be. I also pray every night. When I do pray, I usually whisper, or say it in my head. I'm only loud when I am by myself, as to not to disturb anyone. I definitely talk to Him like he's my friend. In my eyes, God isn't as strict as it's made to believe. In my eyes, as long as I'm a good person at heart, God is happy with me and my decisions/choices.

Most of the time, there's nothing that directly lets me know that God has heard me, but I trust that he has. This faith is built on my previous research and experiences.

There have been a number of times in my life where prayer has resulted in minor miracles, and I try to remember those when I'm getting cynical about prayer.

I continue to pray, even when I don't feel like it, because I have faith that God takes into account our prayers when he orders the world. If our purpose in life is to develop a relationship with God, prayer must be one of the better ways to do it. Prayer is a conversation. Sometimes answers are direct, sometimes the answers come when I'm reading the Bible and sometimes they don't come at all, but I manage to move on. Prayer refreshes my soul.