

## READING REPORT FORM

PMN 101 – Introduction to Spiritual Formation

Student Name: Karinna Rocha

With integrity, I have read this book (circle one):

Quickly but Completely—100%

Signed: Karinna Rocha

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

This book got me think in so many different ways, because the on chapter two got me to realized how was to think about rejection and how we deal with that in relationships to God, because we all have fear of rejection, and because of that we creates masks around us that makes us feel a little bit better to introduce ourselves to society. To break this paradigms my take away from this book is that God love us the way we are, he actually already know us and we do not have to pretend anything, we do not have to create masks to impress jesus, and that is how we should be in our personal lives as well, in the book says “we don’t know who we are, because we have spent our lives reading a room or situation and adapting to our surroundings” page 54. At the time we stop worrying about everybody around us and start bringing our happiness and our true selves,God does not like masks, he likes my genuine self. And he is the one I have to impress in life.

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

One point that I agree with and I saw myself in a similar situation was in chapter 4 where she speaks about we are all broken, and we forget that even Jesus came for the broken because he wanted to feel what is to be broken and work on his faith. Another point where I agree with the author is that because we are all broken and have to work on ourselves, have the faith in God that we will all work it out in our lives, and because we are broken, we can deal with some anger in our thoughts, feelings, thought frustrations that we develop thought life and as soon we have all these knowledge, we have to set the forgiveness to this thoughts and get the freedom to our souls.I don't really have anything that I disagree with in the text, because everything of these subject is new to me on the point that I feel that I am a sponge where im just absorbing knowledge, we think that we know about spirituality, but I felt that I did not know anything until this class.

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

The spiritual truth I gleaned from this book is that we have to be truth with ourselves because in reality, we create a shell that we want to hide all the frustrations from life and realize that God ask us to always to be true, and have our authentic behavior to out truth because is much easier to hide our feelings, instead of be ourselves and realize that we need help, and we need to meditate and pray with our most honesty prayer to our savior, because without him we are nothing.