

**READING REPORT FORM**  
PMN 101 – Introduction to Spiritual Formation

Student Name: Chermalyn Lukanob

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: \_\_\_\_\_  


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

Answer: The book is an excellent catalyst for self-reflection and spiritual formation. At the first chapter, I already found myself recalling my experiences and realizing why my relationship with God is not as deep as what I want it to be. It was mentioned in page 23 that hunger is the secret to spiritual success. I just read it plainly, not triggering any reaction in me, until I read the section Mirror Moment in page 28. It was asked whether I am worthy of love and are people capable of loving me. I thought to myself, I am worthy of love but I don't think anyone is capable of doing so. At the end of the paragraph it was explained that this means that I am avoidant of relationships and I believe that I must be self-reliant. I knew that I should be loved, but I lack the eagerness or desperation to call out and be loved by others. I felt like crying out to God will be pointless, because I experienced silence once when I needed Him most. However, I learned throughout the book that God is blameless and it is my own will to get close to Him that makes the difference. How can I see all the graces He had given me when I don't make the effort to know Him? He could have been saving me every day by waking me up from my sleep, and I don't realize it because I don't believe that He is that loving and powerful to protect me. The book also made me realize that I am powerless and broken. This made me happy. Page 86 of the book stated that Jesus welcomed more those who are broken. This makes me feel blessed because the strength within me comes from the Kingdom of God and it helps me conquer every doubts, insecurities and challenges.

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

Answer: I think I agree most with the statement, “It's okay not to be okay,” in page 89 of the book. The fear within that others would not understand what I feel pushed me to carry the load all by myself. Avoiding the fact that I was hurt or neglected and appearing okay was the best thing I thought I should do. I hated the thought of being a nuisance, but like a seemingly calm

mountain turns out to be a pent up volcano, I explode and all my emotions burst out, hurting everyone near. It is better to process my emotions and be open to vulnerability to God. He can understand me and all humans more than we can understand ourselves. In Chapter 6, page 123, the quote said, "Every other identity is an illusion." I agree to some extent that we should identify ourselves as the one loved by God, but I don't like the idea that my other identity is an illusion. I believe that each identity makes me who I am.

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

Answer: My greatest epiphany from this book is that God is the most patient being in the world. He observes me every day, not to judge but to prepare for my welcome when I come to Him. He is always waiting for the day when we finally choose Him over everything else. I always thirst for love but never realized that I've always been loved. Unfortunately, I don't return this overflowing love that God gives me. Knowing that God will never get tired or lose hope for me, I would not think anymore that it is too late to do something in His name. I had passed up on many opportunities to help others but as a Christian, a true believer, this must not hinder me from helping in the future. It is never too late to help others.