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Guyon Response Paper

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Throughout my reading of *Experiencing God Through Prayer* by Johnathan Guyon, I found myself challenged to prioritize my time with God through stillness and prayer. Each week, I set aside time to practice peace for 8 minutes and to listen to what God had to say. Although I struggled to quiet my mind at first, I was surprised by what I heard, saw, and sensed during these times of stillness.

During the first week, I struggled to focus my thoughts and found myself easily distracted by the noise around me. However, as I continued to practice stillness, I began to sense deep peace and comfort in God's presence. In my personal journal, I wrote that "I heard God reminding me of his unwavering love for me, and I sensed a renewed sense of purpose and direction in my life."

In the second week, I found myself struggling with anxiety and worry about the future. However, during my stillness, I felt God's peace and assurance in his plans for me. I wrote in my journal, "I saw a vision of a bright future ahead, and I heard God saying that he has a plan and a purpose for my life that is greater than anything I can imagine."

Throughout my reflections, I realized the importance of prioritizing stillness and prayer daily. I learned that when I take the time to listen to God's voice, I am able to find peace, comfort, and

direction in my life. As I continue to practice stillness, I hope to deepen my relationship with God and to grow in my faith and understanding of his love for me.

Periods of stillness can be a challenge for many people. It can be difficult to sit quietly and do nothing, to refrain from the noise and distractions of everyday life, and to simply be alone with one's thoughts. However, for those who seek to deepen their connection with God, these periods of stillness can be incredibly meaningful and transformative. By quieting the mind and opening oneself up to God's voice, one can gain profound insights and understanding that can help them grow in their faith and become closer to Him.

Over the years, I have come to appreciate the Bible as a living and powerful source of truth. As I have grown older, I have become more selective about what I read for entertainment. While I still enjoy a good novel or a thrilling mystery, I am drawn to books that explore down-to-earth concepts of reality, tackle the gray areas of the human moral compass, or delve into the intrinsic moods of the human heart. I find that reading can be a transformative experience that teaches me about myself and helps me to grow, which is why I prefer books that are edifying and beneficial.

My love of reading is rooted in childhood memories of my mother reading "The Bible for Kids" to me and my brother every night with great passion and enthusiasm. This helped me to connect with God's word and to approach reading with a sense of purpose and faith. As a logical person, I find myself drawn to the book of Proverbs, constantly seeking to absorb more wisdom.

Through periods of stillness, I have gained insights and understanding from the Lord that have helped me to grow in my faith and deepen my connection with Him. I have kept a personal journal for many years, and I have found that during times of quiet reflection, I am able to gain a deeper understanding of God's will for my life.

One of the key insights that I have gained from the Lord during periods of stillness is the importance of surrendering control. As a naturally driven and ambitious person, I often try to control every aspect of my life, striving for success and achievement at all costs. However, during moments of stillness, I have come to realize that this approach is not in line with God's plan for my life. Instead, I have learned to trust in His timing and to surrender control to Him. This has brought me a sense of peace and contentment that I never would have found if I had continued to pursue my own agenda.

Another important lesson that I have learned during periods of stillness is the power of forgiveness. I have struggled with resentment and bitterness towards others in the past, holding onto grudges and refusing to let go of hurt and anger. However, through prayer and quiet reflection, I have come to understand the importance of forgiveness and the freedom that it brings. By letting go of my anger and choosing to forgive those who have wronged me, I have been able to experience a deeper level of peace and joy in my life.

Finally, during periods of stillness, I have gained a deeper appreciation for the beauty of God's creation. Whether I am sitting in silence in nature or simply reflecting on the wonders of the world around me, I am constantly reminded of the majesty and power of God. His handiwork is all around us, and by taking the time to appreciate it, I am able to connect more deeply with Him.

In conclusion, my time of stillness and reflection based on Guyon's book *Experiencing God Through Prayer* has been a powerful reminder of the importance of listening to God's voice. Although it was challenging at first, by quieting the mind and opening oneself up to His voice, one can gain profound insights and understanding that can help them grow in their faith and

become closer to Him. Through prayer, reflection, and journaling, I have gained a deeper appreciation for the beauty of God's creation, the importance of forgiveness, and the power of His love. Moving forward, I hope to continue to prioritize stillness and prayer in my daily routine as I seek to grow in my faith and understanding of God's love for me.