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Professor Mitchell

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Reading Report

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

1. This book took me apart when Walborn encourages us to make prayer a regular part of their lives, stating on page 47, "We should make a habit of praying every day. Just as we need physical food every day to nourish our bodies, we need spiritual food every day to nourish our souls." Since God did spiritual surgery with me through my mindset. Bringing me an analogy I could easily put in real life as well as food. As an athlete if I don't stretch I could maybe still perform for a while but not at my best and I will eventually get to tight I'll injure myself. To me that fits prayer or seeking through his word daily you can maybe still live but not as good and not forever. It is like food a necessity that we need not just want to do.

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

2. I agree and acknowledge that faith plays a significant role in the spiritual journey of many individuals. It provides a sense of hope and trusts in something greater than oneself, which can offer comfort and guidance in difficult times. As Walborn notes, faith

is indeed the foundation of the Christian life, as it helps individuals to believe in God's promises and to trust in His plan, even when it may not be clear.

Moreover, the idea that faith is the assurance of things hoped for and the conviction of things not seen resonates with many people, especially Christians. Faith requires a level of trust in something that cannot be proven or physically seen, but it is still an essential aspect of one's belief system. This type of faith can inspire individuals to persevere through challenges and to hold onto their beliefs even when faced with doubt or uncertainty. Overall, Walborn's chapter on faith highlights the importance of this concept in the Christian faith and offers insights that may resonate with thousands if not millions of individuals.

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

3. The key spiritual truth that can be gleaned from the book "Spiritual Journey" is that spiritual growth is a lifelong process that requires intentional effort and a deep commitment to personal transformation. The author emphasizes the importance of developing a deep relationship with God through prayer, reading the Bible, and practicing spiritual disciplines. The book emphasizes the importance of character development and the cultivation of virtues such as humility, honesty, and compassion. The author also emphasizes the need to confront our own biases and prejudices and work to overcome them. To integrate this key spiritual truth into the personal spiritual formation process, one can focus on developing a consistent spiritual practice that includes daily prayer and

Bible reading, participating in spiritual disciplines such as fasting and meditation, and seeking out opportunities for service and acts of compassion. Additionally, one can work on developing self-awareness and being intentional about cultivating virtues such as humility and honesty in all aspects of life.