

## READING REPORT FORM

PMN 101 – Introduction to Spiritual Formation

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

1. When I read Walborn's book and came across page 47 where he urges readers to make prayer a regular part of their daily routine, it had a profound impact on me. Walborn stresses the importance of nourishing our souls with spiritual food every day, just as we need physical food to nourish our bodies. This analogy really resonated with me and made me realize that if I neglect my spiritual needs, I am doing myself a disservice. I equated this to my experience as an athlete - just as I need to stretch before performing at my best and avoid injury, I need to prioritize prayer and seeking God's word daily to live a fulfilling life that lasts. It's not just something we should do when we feel like it, but a necessity for our overall well-being.

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

2. I concur and acknowledge that faith plays a vital role in the spiritual journey of countless individuals. It instills hope and instills trust in a higher power, which can provide solace and direction during trying times. According to Walborn, faith serves as the cornerstone of the Christian life, helping believers trust in God's promises and His plan, even when it

may not be apparent. Furthermore, the notion that faith is the assurance of things hoped for and the conviction of things unseen strikes a chord with many, particularly Christians. Faith entails placing confidence in something that cannot be verified or tangibly perceived, yet it remains a crucial aspect of one's belief system. This kind of faith can inspire individuals to persist through hardships and to hold steadfast to their convictions despite uncertainty or skepticism. In essence, Walborn's chapter on faith underscores its significance in the Christian faith and provides insights that may resonate with countless 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 primary spiritual lesson that can be derived from the book "Spiritual Journey" is that achieving spiritual growth is a continuous process that demands deliberate effort and a firm commitment to personal transformation. The author stresses the significance of nurturing a profound connection with God through prayer, reading the Bible, and engaging in spiritual practices. The book highlights the importance of character development and the fostering of virtues like compassion, honesty, and humility. Additionally, the author underscores the need to acknowledge and challenge our own biases and prejudices to overcome them. To internalize this essential spiritual truth, one can establish a regular spiritual routine that involves daily prayer and Bible reading, participating in spiritual disciplines like meditation and fasting, and actively seeking out opportunities for acts of compassion and service. Furthermore, one can work towards

building self-awareness and consciously cultivating virtues like humility and honesty in all aspects of life.