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PMN101: Introduction to Spiritual Formation OA

### **Guyon response paper**

#### **Week 2:**

I encountered different scenarios after studying the initial three chapters and rehearsing for eight minutes. Initially, I was skeptical about the purpose of my actions, but within two minutes, I began to feel a sense of calmness, as if all the tension had evaporated. I found the author's remark on the insignificance of speed reading and the emphasis on comprehending the content, with quality superseding quantity, to be intriguing. It prompted me to ponder strategically and acknowledge the value of differentiating between meaningful and meaningless pursuits.

#### **Week 3:**

Having completed chapters 4 to 6, I confess to feeling somewhat bewildered, causing my self-confidence to waver. Occasionally, I contemplate the unfairness of unfortunate circumstances befalling virtuous individuals. While I want to believe that God has a purpose for everything, it doesn't seem just to me. I believe in the concept of people deserving what they get, but this does not always hold true in reality. I must strive to be patient and invite God back into my life; I yearn for His presence. To regain my inner peace, I aim to shift my focus away from myself and concentrate solely on Him.

#### **Week 4:**

After studying sections 7-9, I spent eight minutes contemplating. I sensed a slight connection to the divine emerging, albeit feeble at present. As I previously mentioned, I am grappling with uncertainty, but I am determined to rekindle my religious convictions. I hold hope that these teachings will assist me in achieving my objective. Although my faith was faint, I am grateful for the small stirrings I experienced today. Every step forward is valuable, and I must remain unwavering in my faith. I now understand that to be chosen by God and have Him guide me, I must actively choose to pursue and maintain a relationship with Him.

**Week 5:**

After practicing meditation and reflecting on the recent chapters, I have come to realize that the divine presence is all-encompassing. God is the creator of all existence and serves as the nexus of our being. I now understand that God is not only the source of our lives but also the driving force behind our destinies. He has a plan for each of us, and it is our responsibility to seek His guidance and align our actions with His will.

I have a strong desire to prioritize God in my life and ensure that the divine entity is always at the forefront of my consciousness. The recognition that everything we have and all that we are is a gift from the Creator is humbling. By acknowledging this, we are compelled to live a life of gratitude and devotion to God. He is not only the center of our existence but also the anchor that keeps us grounded in times of turmoil and uncertainty.

The calling of the divine is a rare and precious privilege that is accessible to everyone who is receptive to its teachings. We must resist the distractions and temptations of the world around us

and turn inward to find solace in the divine. By doing so, we can experience the profound sense of peace and clarity that comes with the realization of our connection to God.

My spiritual journey has also taught me that my supplications must evolve. I must pour genuine emotion into my prayers and not simply recite them by rote. We must internalize their meaning and let our hearts guide us in our communication with God. We must open ourselves up to the divine presence and allow ourselves to be transformed by its power.

In conclusion, my experience with meditation and spiritual reflection has taught me that God is the center of everything, including our lives. We must prioritize His presence in our lives and seek His guidance in all that we do. By doing so, we can experience the profound sense of peace and clarity that comes with a deep connection to the divine. We must also strive to evolve our supplications and let our hearts guide us in our communication with God. May we all be blessed with the wisdom and strength to seek the divine in our lives.

**Conclusion:**

After reflecting on my five-week journey of reading until chapter 10, I have arrived at a final assessment. During the eight minutes of meditation after each week's reading, I felt disoriented. Recent changes in my life have been challenging to adjust to, and perhaps I was not adequately prepared for them. Although I know that God has always been present in my life, I feel as though I have distanced myself from Him.

As we mature, our priorities shift, and we become more focused on accomplishing our objectives. We forget to make time and space for God, and we become too consumed with trivial matters. Unfortunately, we often recognize our errors only after it's too late.

This book has helped me rediscover myself, although this task is continuous and requires ongoing effort. I have realized the importance of having patience and allowing things to unfold at their own pace. I yearn for God's guidance in my life, and though I am aware that I have much to learn and grow, I am committed to making a concerted effort to keep Him at the center of my life.

I express my gratitude to my instructor for assigning this book to me. While I may not have chosen it on my own, life has a way of providing us with what we need. I aspire to continue to strengthen my relationship with God and encourage others to do the same.