

Karla N Burgos Cruz

Professor Jessica Mitchell

PMN101: Introduction to Spiritual Formation OA

Spiritual Growth Plan

Honestly, this book has been a great help to me in reflecting on both its first and second parts.

However, I found it to be especially helpful during the latter part because of the challenges I faced in recent weeks. This year has been tough from the start due to the pandemic, being far away from my loved ones, and other difficulties. But this month has been particularly challenging for me, and it has also helped me to strengthen my relationship with God.

I began reading the second part of the book on October 27, and in the first week, after reading chapters 15 and 16, I didn't feel any closeness to God, and nothing important came to my mind. However, things started to go well, I began training, and I felt like everything was going as planned. But on November 1st, my family informed me that they had all tested positive for COVID-19. This news hit me hard, and I didn't know what to do except cry. I even started looking for plane tickets to go back to Spain and be with my family. That same night, I prayed a lot and realized how much I needed God in my daily life.

The next day, I decided to read the next two chapters of the book, and that's when I realized how important it is for me to pray every day. Through prayer, I can express everything I feel

and get everything off my chest. I have always had a hard time expressing my emotions or confiding in others, so having God to talk to is a privilege and something I find very necessary in my life. On November 15th, I received a call from my brother who had already contracted the virus. He unintentionally revealed that my mother was hospitalized for five days due to the virus. The news devastated me as I was already struggling to come to terms with being so far away from my family. I couldn't bear the thought of my mother being sick and alone in the hospital. That night, I stayed up praying and trying to contact my family. The next day, I decided to dive into the book again to distract myself from the distressing news. Reading provided a much-needed sense of peace and comfort, reminding me that God is always by my side. I spent the day talking to God and found solace in the fact that I needed to be strong for my family and trust in God's strength.

This book has made me realize how crucial it is to rely on God during difficult times. It has encouraged me to increase my prayer time and lean more heavily on God to confront everyday challenges and significant problems. Overall, I'm determined to strengthen my relationship with God and show gratitude for all he does for me.