

Carlos Gomez

With integrity, I have read this book (The deeply formed life):

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

*This incredible book tells us the reality we are leaving as a human beings in this world. All parts and contents of this book have such a great impact on readers because it touches on specific and personal points that make sense with our process. One of the chapters really opened my eyes and took me apart was Chapter 1, specifically on page seven, in this section, the author tells the cruel reality of today's society. Many people go through difficult times and processes, and many times these challenges make people forget about God, and that is the time when we really need Him. According to*

chapter seven, “No matter our walks of life or professions, our struggles are all too real”. For me, this is such a deep quotation from the author, in other words, no matter how we stand under the circumstances, our problems will always be real. We must recognize and understand our reality so we can be mindful of what is going on around us and with us. Additionally, the author also mentioned the importance of speed in our lives and he stated the following, “speed has helped remake our world in ways that are wonderful and liberating. But speed has also caused our connections with God and other incredibly superficial things”. I believe that the author made such an amazing example of speed by mentioning our connection with God. This really touches on me because it makes me remember how speed has helped me to get closer to God and establishes connections with Him.

2. Where did you agree most with the author? Disagree most? One of the topics I agree with the author the most was silent prayer. In this section, the author introduces the reader to a variety of experiences and definitions of the power of prayers. In chapter two, the author establishes, “Silent prayers is one of the greatest gifts we have to experience a deeply formed life in Christ. At the core of silent prayer is the commitment to establish relationships with God based on friendships rather than demands. The reason why I agree the most with this part is because it makes sense with my personal experience with prayers. I can tell that this is one of the most beautiful experiences I have ever experienced in my life. For me, prayer is a special gift that the sender, God, is always present when we open it. Prayer is the only way of approaching God and having a strong relationship with Him.

3. what was the key spiritual truth you gleaned from this book? How are you integrating it into your personal spiritual formation process? One of the most important pieces of knowledge I have gained from this book is when the author mentioned the examination of our reactions. Our reactions are responsible for shaping the way we look at others, our reactions oftentimes tell who we are as people. The author has said that “our reactions are a source of important revelations for our lives. They tell us more about ourselves than about other people”. In other words, reactions can clearly give us messages or revelations. It is important to pay attention to our reactions because they can be the directions we need. I am starting to integrate this into my personal life, for example examining every reaction that I have. Additionally, I am integrating this discipline into my life

with the purpose of helping myself to hear revelations and take action on them.