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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?” This entire book makes absolute sense with its title because it is definitely a guide to survival. This book took me apart in chapter three when the author refers to spiritual practices, and remembering who we are. I personally, tend to forget things when I am so busy. Sometimes I feel that this is something I must fix in my life because it can be a difficult habit. Especially, in difficult times I tend to forget about the one who loves me, Christ, sometimes I use to focus on the problem more than focusing on God. The author uses a great example of a girl, who forgot everything after a car accident. However, her boyfriend made everything trying to make the girl remember that they were a couple. After watching a video of them together, she was able to remember that they belong to each other. This a great example of how spiritual practice makes us remember who we belong to, and who loves us. The more we engage we spiritual practices, the more we remember that we belong to God and love us because we are His most

beautiful creation. According to the author in this chapter, “When we know we are loved, we move through life bolder because we fear failure less”. I totally agree with the author in this part because I personally feel that having God’s love makes us strong and able to move forward without fear of anything.

2. Where did you agree most with the author? Disagree most? I agree the most with the author when he mentions friendships of influence in chapter 9. The reason why I agree with the author is because he touches on points that we all have experienced in our lives. I believe that we can unconsciously become what others do in front of us. Our brain tends to record everything we see and then we do the same thing later. According to Chapter 9, “our relation to the person will determine how much we will be influenced by them. The closer we are to someone, the more we respect them, the more they will influence us”. I totally agree with this quote because we learn what we

perceive from others. And people's behavior can significantly impact or influence our relationships with others. However, it is important to be mindful of what type of person you are, and how is the other person influencing you. The author also states that “these influences can extend from tiny choices about what we will eat for lunch to big decisions that affect our trajectory in our lives”. In this part, the author encourages us to be careful about what we are influenced, by because people will not always influence us in a positive way. It is important to pay attention to what our brain is looking for when it comes to following influences.

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 spiritual truths I gleaned from this book, is the spiritual practice, spiritual practice can determine how far or close we will be from God. spiritual practice encourages us to live in the direction of God. One way I will integrate this practice into our life is by remembering that God is with me all the time. And I would never forget Him during good and bad times. Additionally, I have a better understanding that spiritual practices are

essential in our lives. This book has given me many ideas and information that will help me to be successful and spiritually guided.