

## **ATh 614 Spiritual Formation Reflection Paper Week Three Gloria Francisco**

Again, Calhoun made this week's reading assignment a remarkable learning experience. Her discussion on "Relinquish the False Self" was helpful in that it allowed me to really examine what motivates me, how I appear to others, and what spiritual disciplines will be instrumental in helping me to embrace my true self. Taking into account Calhoun's statement concerning "our false self is fabricated on secondary things we idolize, like reputation, success, status, family, and jobs", I anticipated what nuggets I would gain that could be life-changing from putting in practice the meaningful suggestions.<sup>1</sup> The reflection questions and spiritual exercises helped me to take inventory of my actions, the way I talk to others, and what improvements can be made in my overall personality. One statement that jotted me was "letting go of worry about tomorrow and staying with what is today".<sup>2</sup> I was experiencing that issue this morning instead of focusing on this moment in time I was worrying about what will happen next week. Knowing that worry is sin I had to get control of emotions, repent and ask God to forgive me for not trusting him with the events of my life. Mindfulness strategies helped me to gather my scattered thoughts and remind myself that God is Jehovah-Jireh, my Provider.

Spiritual Disciplines such as secrecy, silence, solitude, spiritual direction, submission, and waiting are valid aspects that I will continue to utilize in order to make the adjustments needed to develop a richer relationship with God and others. Several months ago, following the suggestions of others I downloaded Facebook to my phone but in recent weeks I seem to be too preoccupied with what is being posted on my friends pages. Therefore, I plan to delete Facebook from my phone but only have access when I am at home on the laptop. In addition, the other day I cancelled the satellite radio plan due to the increasing cost and the desire to relish some quiet time while driving. Calhoun's statement about "freeing myself from the addiction to and distraction of noise so I can be totally present to the Lord" helped to confirm my plan of action is in line with what the Holy Spirit is leading me to do.<sup>3</sup> I am making a more conscious effort to be alone with God and my thoughts. As a result, I feel more at ease and peaceful.

<sup>1</sup>Adele Ahlberg Calhoun, *Spiritual Disciplines Handbook: Practices That Transform Us* (Intervarsity Press, Downers Grove, IL., 2015), 99.

<sup>2</sup> *Ibid.*, 114.

<sup>3</sup> *Ibid.*, 121.