

ALLIANCE THEOLOGICAL SEMINARY

SPIRITUAL COACH ASSIGNMENT

BY

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DML811: Spiritual Formation of a Leader

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For the Spiritual Coach Assignment, I met with my close friend, who is a licensed psychologist and professor at Cairn University. On our first meeting together, I caught him up with my time in New York City, the module, and what God had done in me through the first module. I shared how God was challenging me to seek greater intimacy with Him, to be filled by His Spirit, and stepping out in faith to practice the manifest gifts, healing, and deliverance. We also discussed how control, comfort, performance and the approval of others can be idols that can serve as motivating factors in my life. For our next couple of meetings, we decided to dive in deeper with roots behind behavior, as well as a discussion of some of my family findings from the Family Voyage paper.

In these meetings, we dove deeply in discovering some of the roots behind control, comfort, performance and the approval of others, and how these roots were linked to family upbringing and events. We talked a lot about my relationship with my dad and how much we have grown closer together through my adult years of life. Some of these conversations came from my Integrative Paper and Family Voyage Paper that I shared with him and which he read.

We also discussed my rule of life and rhythms to develop closer intimacy with God. I shared with him my daily, weekly, and monthly rhythms to get alone with God and some of the spiritual disciplines I plan to put into practice. In light of these rhythms, we also discussed the importance of community in the midst of seeking the Lord, and some of the group therapy practices he uses within groups he has led in the past.

Overall, it was a blessing to share with someone what God has been developing in me, and it was beneficial to receive counsel within an extended time of conversation. In particular, it

was helpful to unpack more deeply the roots behind behavior, thoughts, and emotions, and to connect more of the dots behind family upbringing and behavior. Below is the summary paragraph from Dr. Matthew Miller summarizing our time together.

“I met with Dave Krilov several times in his work on this project. During our times together, we discussed past and present experiences as well as future recommendations for soul care. In addition, we discussed family of origin issues and how they have led to certain themes in his life and in ministry. Dave has been very thoughtful during these times and has gained significant insight through this process.”

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