My Spiritual Coach/Mentor assignment was meaningful because my coach is someone I hold in high regard. Dr. Kevin Dudley is academically bright, but more importantly is a great example of a gentle man with spiritual insight. Some of our time together focused on our life stories, with special emphasis on how our journeys shaped our spiritual health both positively and negatively.

I was open about the areas of my life where I struggle emotionally and spiritually. Dr. Dudley is a very patient listener, and I found it easy to honestly share my doubts and questions about God and the Christian faith. My history of depression and my identity tied to inner wounds were specific areas of focus we explored. Since Dr. Dudley and I have a previous collegial relationship related to our histories leading city movements, he was very well aware of my professional accomplishments.

He responded to my insecurity and inferiority complex by doing what God often did for those in Scripture who struggled with the same maladies. God gave His assurance to Moses that in spite of his speech impediment He saw him as a leader chosen to lead God's people out of bondage. In the case of Gideon, who was a coward hiding from the Midianites, God saw him as a mighty man of valor. Dr. Dudley did this for me. He reminded me of how God has used me over the years, in spite of my weaknesses. However, he did not permit me to ignore the root of my issues, which has shaped my identity.

I shared with him the details of my integrative paper, which outlines my growth plan for the next year. I have asked him to hold me accountable for this spiritual journey. My time with

him increased my need and desire for a therapist and spiritual director for the purpose of addressing my emotional and spiritual development.

Spiritual Coach/Mentoring Statement

Pastor Ford has fully embraced the idea of spiritual formation as a "journey," taking great care with intentionality in being open to discovery at this age and stage of ministry. Through our numerous conversations and virtual communication, I have been encouraged by his sensitivity to how the Spirit of God is speaking to and through him. His willingness to engage faithfully and discern various parts of his own story, and his stewardship in the creation of a viable and meaningful plan of formation was impressive. Our conversations concerning the very difficult aspects of his development related to identity, family systems, and ministry experiences have opened the way for significant exploration of his understanding of spirituality and service in the world today. This is certainly and powerfully reflected in his current pastoral responsibility and crisis response.