

Final Reflection Paper

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## Reflection Final Paper

Macchia (2012) had its readers engage in introspection by evaluating their roles in their rule of life. An individual's roles in life are vital to recognize because our primary roles impact who we are as individuals and impact other people around us. My primary roles include a daughter of God, daughter, sister, grand-daughter, niece, cousin, sister in Christ, friend, and mentor. During the last reflection discussion post, I focused on becoming emotional while reflecting on being a primary role as a daughter and granddaughter. The reason why is because the past two years, I had undergone a lot of personal obstacles when my mom's health rapidly declined when she was diagnosed with a brain disease and when I lost my grandmother. However, as time went on, I can see how my other primary roles, such as sister in Christ, friend, and mentor, have become significant. For instance, a few weeks ago, God chose me to be His light and salt of the earth by spreading His truth and love to a sister in Christ and friend. I have not seen this friend since 2011 and did not even know she was a Christian. Throughout the Pandemic, God revealed that she has been attending a church that is not centered on God's truth of the Gospel. For example, my friend was taught that salvation comes from baptism. Before she found my church, my friend disclosed that she was always in a spiritual battle of confusion and strife. My friend's veil was lifted, and God allowed me to have a discussion with her about salvation and His truth from the Bible. As a sister in Christ and friend, two of my primary roles were used for God's glory, and now my friend is living in His truth and resting in God's peace. I passionately believe that one of my primary roles as a sister in Christ is essential to be recognized because God can use that role for His glory and an opportunity for me to have compassion for God's people.

Speaking of compassion, I would not be in social work if I did not have compassion for people. McNeill, Morrison & Nouwen (1983) has helped me understand the importance of compassion, patience, and prayer professionally. For instance, McNeill et al. (1983) indicated that a compassionate life is a life in the community taught by Paul in the New Testament. It is essential to go against what the American culture promotes, which is individualism and selfishness. Thus, it is an excellent reminder that professionally, I am compassionate and live out my compassion to the community where the people can be reached. McNeill et al. (1983) reminded me that professionally, as a Christian social worker, I am called to live a compassionate life in a community where people in fellowship can see and be influenced by Jesus Christ within me. In other words, my compassion for others is rooted in Jesus and then can be shared among interactions with people. Professionally I was reminded that compassion is not an individual accomplishment but enters fellowship and community. Then, the compassionate life in the community demonstrates the mind of Christ. The more you are compassionate toward other people, the more you become like Jesus Christ.

There will be many rewarding moments in the social work field, but then there will be other moments of sadness and frustration. Social workers need to help others and make sure to spend time in self-care to help themselves. I struggle with self-care, and I must intentionally make time to take care of myself. This reminds me that when I travel by plane, the flight attendant instructions always state, “put your mask on first before assisting others.” Self-care does not come naturally because I still love to serve and help others first, leading to forgetting about taking care of myself. I have learned that it is ok to make time for myself and that it is not selfish. There are a few ways that I practice self-care spiritually, emotionally, and physically. I practice spiritual self-care by emphasizing the importance of communing with my Heavenly

Father through prayer and reading His Word. I strive to read the Bible every day, either in the morning before I start my day or before I go to sleep at night. His Word is my daily bread, and it strengthens me in my relationship with Jesus. One of my go-to Bible verses I read to help comfort me during times of stress is found in the Gospel of Matthew. Matthew 11:28-30 says,

'Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light'" (NLT).

I practice emotional self-care by striving to be in tune with my emotions and taking the time to talk things out instead of keeping them inside. For example, if the time is right and something is weighing on my heart, I will talk about it and uplift it in prayer with my close friends, family members, or at my bible study. As for physical self-care, I strive to live a healthy lifestyle, and there are times when a woman needs some relaxation time by being pampered at the nail salon or getting a massage. Thus, I am learning that my self-care journey and spirituality needs to be intentional. It takes effort and consistency to seek Jesus with all I say and do, leading to beneficial physical, emotional, spiritual self-care. Thus, I could not do self-care or spirituality well without His help, and God helps me how to fit time in a day of taking care of me and still having time to take care of others.

Creating a "rule of life" helped deepen my spirituality and self-care by spending time in introspection. I have never reflected on my primary roles, spiritual gifts, and vision before completing the "rule of life" assignment. It was very insightful, and the results confirmed that God had placed me exactly where I am today for His purpose, as well as gifted me with qualities

that are meant to bless other people. I have a better understanding that my primary roles formed me into who I am today, and that God has used the relationships around me to be used for His glory. This recognition has strengthened my spirituality and helped me value my primary roles in my life to learn from them. The primary roles in my life also helped me recognize where my compassion for people has started. I value those relationships around me, and God used those relationships to create more compassion for people that I encounter. I have endured many obstacles in my life when it comes to God's vision and will for me. However, I have learned from the "rule of life" that even though it took me a while to find the field of social work, the other career roadblocks that I underwent were all part of His plan for me. The career roadblocks in law enforcement have formed me and guided me to a career in social work. God used my spiritual gifts to help me identify the passions I want to pursue in my life, which helps emotionally sensitive and less fortunate kids find value in themselves and help them reach their goals to succeed in life.

I found the discipline of patience practiced in prayer to be the most meaningful in "Compassion: A Reflection on the Christian Life." As clinical social workers, it is vital to be patient with our clients. There will be times where sessions will be silent. There will be times where sessions are productive. There will be better weeks and off weeks. There can even be times when a client declines a few steps back from the previous session. During all these different times, the clinical social worker must be patient and meet the client where they are at. However, the discipline of patience can be practiced in prayer. Patience and prayer integrate because Christians have to refrain from impatience to spend time in prayer. Thus, prayer is a discipline and a vital tool to use in our faith. McNeill et al. (1983) reminded me that prayer is our first concern because we need God to serve well in the social work field. Without God, we can

do nothing. Therefore, it is an excellent reminder that Christians are called to exercise prayer in our lives to demonstrate compassion toward others, as well as proclaiming that we need God for Him to do everything through us. McNeill also disclosed to value prayer in the Spirit. The Holy Spirit within us helps us have power in our prayers and to walk in His will for us. Romans 8:26-27 says,

'And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will' (NLT).

The Spirit of Christ is what guides our steps, which is much needed daily. Thus, we need to listen and be obedient to the Spirit because the Spirit helps us follow the plans God has for us. As a Christian social worker, I will be exposed to various brokenness, and I will need to follow the Holy Spirit and stay in communion with God through prayer. God will help me function well, and I will be able to uplift the burdens to the One who carries all of the world's burdens and sins.

## References

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