

Bitácora de Disciplinas Espirituales

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SF503: Inicación en Dirrección Espiritual

November 18, 2020

Date	Spiritual Discipline	Practice	Reflection
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10/11/2020	Confession	I first spoke to my Spiritual Director a few days prior and confessed that I had been avoiding a fellow DExCom member who was unaware that I had not completed a number of reports due and I understood that I had to come clean. I proceeded to write to my colleague in transparency, confessing my lack of diligence, my shame, and asking for accountability.	I wept as I wrote a message I had been dreading to send for months, but simultaneously sensed a degree of freedom from hiding that came with my confession. I wasn't sure how my colleague would respond and his words to me were "You've already expressed your regrets so don't worry about it. I can sense your heart. I've got you." In that moment I was overcome by the grace of Jesus that overflowed to me through my friend and I understood that the Lord too was letting me know, "I've got you." The grace received is giving me the strength and courage to tackle my assignment with joy and free of the fear letting others down. My anxiety on the matter has gone down significantly since.
10/30/2020	Prayer	Earlier this year I had assigned different prayer petitions for different days of the week and Fridays have usually been the day I pray for my community. One Friday I chose to combine my regular morning walk around my neighborhood with the exercise of "flash prayers" for my neighbors, praying for each home I walked by and for each person I saw.	Exercising "flash prayers" for my neighbors allowed me to feel like a more effective intercessor for my community because I wasn't just lifting up general prayers for faceless people around me but rather found myself praying for a specific individual in front of me. Doing this allowed me to really notice them more, growing my appreciation and care for them as people who God deeply loves, and it has given me a greater sense of mission within my community
11/6/2020	Simplicity	As a district we were hosting an online retreat for college students and I was initially embarrassed at the fact that I don't own air pods and that those online would notice my "antiquated" wired headphones which carry with them the	This may seem really silly and petty but in the moment of deciding whether or not to purchase the air pods I identified a tension between my false self and my true self. I had to stop and realize that in that moment I was more concerned with what others would think of me rather than the purpose of connecting with young adults to point them to Jesus and encourage them in

		<p>stigma of the owner being “broke.” I looked online to order air pods overnight and even asked one of my young adults to borrow his but following Foster’s recommendation to “buy things for their usefulness rather than their status” I resisted the urge to purchase something that would’ve been bought to keep up appearances.</p>	<p>this season. I did feel a certain degree pressure to “update” my current headphones to feel “acceptable” even though I had not been planning for that expense and knew that the purchase would be impulsive. I had to make a conscious choice to surrender that pressure and the need to “fit in” to Jesus and instead embrace the freedom of simplicity which reminded me that what I have is good and useful and that I don’t need to prove anything to anyone by means of material gains. I carried out the retreat with my “antiquated” headphones feeling fully free and glad I hadn’t made the unnecessary purchase.</p>
<p>11/10/2020</p>	<p>Service</p>	<p>I wanted to get to the office as soon as possible when my grandmother (who is visiting) asked me to cut her nails for her. I could have told her that I was too busy and would do it later but, in that moment, I chose to practice the service of small things and take the time before my day began to cut her nails.</p>	<p>This was not the first time my grandmother has asked me to cut her nails, but I would usually tell her I’d do it later and days would go by before getting around to it. On this particular morning, I understood my grandmother’s request to be an opportunity from Jesus to slow down, to put away my own sense of urgency and “importance” and to realize that my care for her in that moment was more significant than my arriving at the office by a certain time to engage in “ministry work.” I had to make the conscious decision to choose her over my agenda. When I chose to do this, I realized that I was letting her know by my actions that she is seen, heard, and how much she matters. I felt honored to cut her nails that morning before work and nothing was affected by my arriving to the office a little later than planned.</p>
<p>11/13/2020</p>	<p>Celebration</p>	<p>Melanie is my friend from college with whom I can bare my soul and know that I am fully loved. She was in town to visit with family and I</p>	<p>It had been a while since I had both seen my friend and since I had allowed myself to engage in a carefree afternoon. Sitting with her and sharing life and laughter was so absolutely life-giving. All the things that I had been</p>

		went over to spend time with her and her kids. We talked, snacked together, went for a walk, laughed at our struggles this past year, encouraged one another, and as icing on the cake, we went to the park and played with her children until we were dizzy.	stressing about that weekend seemed a little lighter after my visit. It was also so much fun to run around with her children and play at the park together as though I myself was also one of them. I miss playing regularly with family and friends and that moment reminded me of how vital this is to my life. Being together was such a good gift from God and I could sense his delight and pleasure as we played.
11/18/2020	Submission	I had given the church membership class to a couple of my youth, but when I went to schedule their interviews with the elders, one of my youth expressed doubts about wanting to proceed with the membership process. In class it was difficult for her to understand why a woman could not be considered for eldership or the senior pastorate in our church. Rather than insisting that she proceed with the process, I submitted to the feelings of this youth and did not push her to do something she wasn't sure about.	This was a moment of submission for me for several reasons. I confess that I took her doubts personally as though I had not done a good enough job explaining the reasoning for some of our bylaws and felt that she wasn't trusting our leadership in this matter. Even so, I knew that I could have probably persuaded her to move forward in the process anyway and that my influence on her could serve to pressure her to follow through against her personal judgement. When I got her message all of those thoughts and emotions flooded me but I paused and opted instead to respect her feelings and doubts and told her that if she wasn't sure that we could postpone and that I'd be open to hear her questions. This was a stretching moment for me because it went against my urge to force my view on her.
11/25/2020	Study	I exercised the study of nature by observing gnats for thirty minutes.	Before this exercise I could not say anything positive about gnats. Initially I went to Lakefront Park by my house to observe the lake and the birds overhead, but as I sat at the edge of the water it was a cloud of gnats that captured my attention. It was interesting to me that I was intending to study the "bigger picture" and here I was drawn to these tiny insects, as though God was inviting to take note of the small things. At first, they seemed to be a cloud of frantic, directionless

			<p>bugs with no rhyme or reason to their flight pattern or existence, but as I watched them, their frantic movements began to resemble a fast-paced dance or as if they were writing whole essays in cursive in midair. There was something beautiful about this that I had never stopped long enough to notice before. As the breeze blew I was surprised that the cloud of gnats barely moved which led me to think these little creatures stronger than I could've imagined though they are considered weak flyers. Although I have enjoyed observing nature before, I had never stopped to study it in this way. I confess that this led me to research a little bit more about this insect and the way God made it good.</p>
<p>11/25/2020</p>	<p>Solitude</p>	<p>I took a thirty-minute silent prayer walk at night.</p>	<p>I enjoy walking often and since I usually do it alone, I don't talk to anyone when I'm walking, but opting to do a silent prayer walk is totally different. The moment I began to walk, because I knew that I was doing it with the intention of exercising silence, unconsciously my pace slowed immensely. I became more aware of the way my weight shifted from one leg to the other and my breathing also slowed significantly. The pace was completely unhurried. It was difficult to silence my thoughts for the first few minutes so I used my imagination to picture Jesus physically with me and to concentrate on him. There were two moments throughout the walk where I was overcome with emotion because of the reality that my Savior delights in being with me but those moments were difficult to remain in due to intrusive thoughts. I reminded myself to be present, patient, and gracious with myself since silence is not a discipline I practice often.</p>
<p>11/26/2020</p>	<p>Meditation</p>	<p>I drove to a quiet spot</p>	<p>For the last couple of weeks I've</p>

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