

Leeza Theodore

Spiritual Growth Plan

PMN 101

11/25/2020

In this class, I can most definitely say that this class exposed my heart and mind in several different ways. The class truly helped exposed a lot of areas in my heart that are completely dark and hidden. I'm sure with a lot of things that were taught in class, my body language showed how true it was. While I spend a few years at Nyack, I want to be able to have a better and firm relationship with God. Not just because of me attending a Christian college, it more because I don't want to continuously live in the dark. Fruit can't grow in the dark.

First things first, I need to be more vulnerable. First with God of course, and then with others. In a year, I see myself continuing to work on building myself. I see myself doing a lot of expressive writing, reading a lot more (Bible and other books that I've purchased/got for free), and keeping a tight community of leaders over me to keep me accountable and guide me throughout the journey, and also being getting back into Bible studies. I also see myself building small habits, like getting back into the habit of just thanking God every morning I wake up. Writing small encouraging notes on my phone or on dry erase boards I recently bought. Just to

keep my head and my eyes up to what matters the most. I also may get back into counseling. I started, if I remember correctly, maybe around March/April. It was going really well, but I had stopped because I had a lot going on with life aside from coaching and training that consumed a lot of my time. But I want to continue bringing light to the very dark places in my life and just continue growing. I would begin to understand the word of God for myself and let it TRULY enter my heart.

In year two, I can see myself doing the same things I did in year one just on a grander scale. I see myself stepping out of my comfort zone and start sharing the gospel with more people that I do life with that aren't saved. And not continue to just let it be an inconsistent thing. I also start seeing myself leading my little brother. Doing Bible studies with him like I used to when he was younger and making that a consistent thing.

In my third year, I just see myself flourishing. Starting to lead the kids that I coach. Show what it means to be athletic and Christ like and be a great example of it on and off the court. Be able to lead more family members, some I speak to and maybe reach out to those whom I don't speak to. Most importantly, I see my faith being incredibly strong and I see myself continuously growing and growing.

