



**INTEGRATIVE PAPER WITH SPIRITUAL
GROWTH PLAN**

**LINDA M MCCAMERY
INITIATION IN THE SPIRITUAL
FORMATION SF503**

**LINDA M MCCAMERY
STUDENT ID# 114339**

Professor Robert Reimer

Mccameryl1@nyack.edu

In this integrative paper I will be discussing what I learned in this class, “Initiation In The Spiritual Formation (ISF) Fast Track,” by presenting three specific examples of the impact of the class lectures, textbook readings, additional readings, small groups, and how it will aid me in my spiritual growth plan. I will show how these principles and disciplining will enable me to prepare for the training and my spiritual growth plan for my remaining time here at Alliance Seminary.

Prior to attending the ISF Fast Track class I had to read *River Dwellers*. In the first class which met on September 14, 2020, Dr. Reimer lectured on three topics. **Intimacy**: learn the five level of intimacy, by living where you preach, deal with conflict in truth and grace. Spend time with God in solitude and silence to be sensitive to God’s voice and having true-community with hearts full of love. **Spiritual Maturity**: learning what Jesus wants from our lives, never operate in shame, promote the kingdom. We are to pursue God to grow a healthy relationship with him being led by Jesus Christ. **Biblical maturity**- is about renewing the mind, through saturation reading, reading in large amount and studying the context. **Practice Sabbath**: Taking days off, having spiritual retreats.

We discussed the three topics and went into more depth discussing *River Dwellers*. We have to learn how to cultivate his presence. We were broke-up into small groups to practice some of the principles firsthand. After we returned to the classroom, we spoke on the impact of the experience. We finalized the lesson before being dispersed into the IFS Mentoring small groups, partnering the mentors into same sex groups.

In the second class which met on September 21, 2020, Dr. Reimer lectured on three topics, Stewardship Maturity, Relational Maturity, Emotional Maturity. The book we were

required to read was Biehl, Bobb. “Why You Do What You Do.” This book speaks of all the masks we assume because of influences from Dominant Adult Phobia memories and emotional hurt from the past. It challenges your decision making today trying to be perfect. “When you put on an emotional mask (an emotional “false front) early in childhood, you typically have a tremendous fear of a failure because it may lead to your exposure.”¹ In spiritual maturity we are taught to face our fears and allow God to reframe our past fears by covering them with his love. It is time to take off the mask so that healing of the hurt and damage to prevent emotional damage. God perfect love can cast out fear so you can take off the emotional masks.

In the third class which met on September 28, 2020, Dr. Reimer lectured on three topics, Deliverance, Process time and Ministry Time. The book we were required to read was Steps to Freedom. Keys topics that resonate with me was to maintain your freedom in Christ we must renounce the Counterfeit for what is Real. “Rebelling against God and His established authority leaves us spiritually vulnerable.”² The clear out the suitcase we must renounce rebellion, bitterness and pride. After an in-depth discussion of the principles of Deliverance, the process and time, we had a Deliverance service right there in the classroom setting. In the Deliverance training, Dr. Reimer gave us step by step instruction to perform a deliverance. Dr. Reimer had asked for some volunteers and so he demonstrated casting out spirits by using the test and watching for symptoms. He prayed the prayer of deliverance, binding hierarchy spirits, closing all portal doors until the person testified he/she did not feel any other presence.

In the fourth class which met on October 5, 2020, Dr. Reimer lectured on three topics, Life in the Spirit, Prophecy, Filling of the Spirit, Walking in the Spirit. The book we were required to read was Emotionally Healthy Spirituality. In these sections we were also taught how

¹ (Biehl 2008), pg 58.

² (Anderson 2017), pg 33.

to inspire others to live in the spirit. “When emotional health and contemplative spirituality are interwoven together in an individual’s life , a small group , a church , a university fellowship , or a community , people’s lives are dramatically transformed.”³ In the Class Lectures I have been able to learn more about my spiritual walk with God. I learnt not to take myself too seriously until I feel that if I am not in charge or present that the work of the Lord will not go forward. One such case would be emptying the suitcase of the past, which might also deal with underlying spirits. He explained that we are victors in God, not victims.

The Knowledge and insights gained from silent retreats was the importance of making time for myself and God. In this retreat I was free to hear the audible voice of God and to seek a closer relationship with him in the spirit. I wrote in my journal about the areas I need to and waited for God to give me clearer insight of how to approach this in my prayer time, fasting, and even in silence. The twenty-four hours spent in silence, where I spoke only to God incitement to aid this to my future plans of ministry. The plan to leave all phones, electronic and even speaking to others on the other side of my retreat door help me to scale places in the spirit I had not experience before. Singing songs from the song book I select that allowed me to open up to the Holy Spirit and feel touch and taste the presence of God.

Insights from small group we were place in a or more specific examples of insights gained after meeting and discussing the class and what was learned that day. We were able to put these principles and disciplines into action. Under the watchful eye of our mentor we prayed the prayer of deliverance one on one. First, we used some principle of discernment, prophecy, dealing with pictures or words. We told one of our cohort what the spirit revealed to us and it was validated. We asked for permission to pray and we prayed together as a team. It was very

³ (Scazzero 2017), p 211.

powerful. Some of us had fasted and prayed before coming to class. We saw some deliverances take place.

The final section were online lectures on video. The topics Dr. Reimer covered were Overcoming Orphan spirit (Vimeo), Fear not (YouTube), Living Hope (Father's Love) (YouTube) and Unpacking your Suitcase (Podcast). By reviewing these videos and podcast, Dr. Reimer was able to bring us into live services where he demonstrated how to use these tools and discipline through the power of the Holy Spirit by the authority of our Lord Jesus Christ. We saw Professor Reimer giving his testimony about the healing of his relationship with his wife and family and preaching the words of God. Dr. Reimer presented to the audience evidence of the Kingdom of God brought to their very doorstep.

I have learnt so much in these last few years and I am excited about the influences and preparational models that has been supplied here at Alliance Seminary. This has been a holistic experience. What I believe will be my take away is the development of a clear vision of my future in ministry. I can see myself entering into Missions leaving my current position at Columbia University Medical Center, where I have worked as an Administrative Assistant in the Anatomic Pathology and Cellular Biopsy Department for over 21 years and also as a Delegate of the 1199 SEUS Health Care Union for to pursue a commitment in Missionary Ministries and Church Planting.

I was able to hear the audible voice of God through the inspiration of the word of God inciting me to do even greater works in the Kingdom. It is about leading more people to Christ and working to restore broken families together through the empowerment of the Holy Spirit. I am in the place of writing out my spiritual growth plan. It first started with me meeting with my Senior Pastor, Pastor, mentor and academic advisor Charles Galbreath. I spoke to each of them

about some of my concerns. However, I feel an assurance in my heart that God is leading me , speak to a counselor to clear out the any uncertainties and write out a clearer plan. This process is not being rushed, right now it is a 3-year plan. God is at the helm and I am ready to be directed where he will lead. I will be finishing up my MDIV here at Nyack. There is several gifting in my life, such as giving, prophecy, deliverance, writing, I finished my first book. I have established my prayer life, sabbath, daily office, etc. Now I am laying before God for clearer direction. Several of the books I have read here at Alliance Seminary has inflamed my faith and refresh my calling.

Bibliography

Anderson, Neil T. *The Steps to Freedom in Christ* . Bethany House, 2017.

Biehl, Bobb. *Why You Do What You Do: Answers to Your Most Puzzling Emotional Mysteries*. Ayleen Publishing, 2008.

Foster, Richard J. *Celebrating the Discipline: A Journal Workbook to Accompany Celebration of Discipline*. HarperCollins Publisher, 1992.

Fosters, Richard J. *Celebration of Discipline: The Path to Spiritual Growth*. HarperCollins Publishers, 2002.

Reimer, Rob. *River Dwellers: Living in the Fullness of the Spirit*. Franklin: Carpenter's Son Pub, 2015.

Scazzero, Peter. *Emotionally Healthy Spirituality* . Zondervan, 2017.