

**Personal Rule of Life Paper**

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SWK649: Professional Seminar I: Compassion, Spirituality & Self Care

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## **ROLES**

### **To wholeheartedly love my family the way Jesus loves me.**

My relationship with different family range from extremely good with some to extremely poor with others. I pray daily on my family to continue to strengthen the positive relationships and strengthen the strained ones. Though I try my best to build up the strained relationships, these family members will find a way to upset me all over again and this results in me being resentful and unforgiving towards them. This has been my struggle – to forgive. Forgiveness is an important part of Christianity. “For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses” (Matthew 6:14-15).

I seek out these scriptures to strengthen my relationships with family members:

Always Be Honest – Proverbs 12:22

Count Your Blessings – Psalms 34: 1-3

Forgive and Forget – Micah 7:18

Be Supportive of One Another – Acts 20:35

Be Kind and Tenderhearted – Ephesians 4:32

Keep Your Promises – Romans 4:21

Comfort One Another – 1 Thessalonians 4:18

LOVE ONE ANOTHER – 1 Peter 1:22

### **To love and be loyal to my friends.**

I was so fortunate to spend my time at the retreat with a very close friend of mine whom I work with at the same agency and she also introduced me to Nyack college. Though we have busy schedules, our time together renewed and strengthened our friendship and it was a blessing

having to worship with her. I thank God for the few loyal friendships I have, and I want and need to be able to preserve these friendships. “A sweet friendship freshens the soul” (Proverbs 27:9).

## **GIFTS**

### **To serve with compassion in my community and work**

Whoever knows me, knows that I am always offering to be a helping hand. I always extend a helping hand in advance. I want to see everyone do well and to be happy. It was embedded in me at an early age that to serve God is to serve others and it is the greatest charity. I learned at the retreat that this was my gift. I never viewed it from this lens before. I have never shared this with anyone, but every year I donate to a different charity. Jesus taught us how to be charitable – by loving and serving others, especially the vulnerable and poor. He saw the need and He went to them, met them where they were and helped them. By being present, listening and acting He modelled charity – an act we should all follow. “And do not forget to do good and to share with others, for with such sacrifices God is pleased” (Hebrews 13:16).

I also believe that God led me into the field of work that I am in currently. I am employed as a Child Protective Specialist with NYC Administration for Children’s Services. I have always led my practice as CPS worker with a Christian heart. Having been to Nyack’s Social Work Program, I learned that compassion, my gift, is a core value in social work. Compassion in my line of work is important because it promotes meaningful connections, improves well-being and facilitates problem-solving. Compassion pushes us to address injustices to so many such as inequality and cruelty to the vulnerable. I wholeheartedly believe that compassion creates a space for active communication. “Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and

patience” (Colossians 3:12).

## **DESIRES**

### **To align my desires with God’s desires.**

According to Macchia, as we live our earthly lives, we continue to wrestle with the flesh in order for the Spirit to reign supreme over the fleshly desires that linger so close to our hearts (p. 45). In the past, I used to go through life, doing what I wanted, trying to fit God in and I would often wonder why things never felt fulfilled. I also sought out my desires on my own time because I was impatient because I wouldn’t get answers on my time. What I started doing was seeking God first when I tried to accomplish goals. Once I did this, the feeling of emptiness was no longer present. I aligned my goals with God’s will for me and believed in His timing – not mine. 1 John 5:14-15 says, “And this is the confidence that we have toward him, that if we ask anything according to His will, He hears us. And if we know that He hears us in whatever we ask, we know that we have the requests that we have asked of Him.”

## **VISION**

### **Lead with Compassion**

Speak, Lord. Your servant is listening. And as I listen, He shows me that my desire is to guide others in serving with compassion. Serve with compassion - not for fame and glory - but to genuinely help others as a service for the good of humanity. Jesus’ leadership was empowered not by a sense of duty or obligation, or by a desire to build an image, but by compassion. When I imagine my life in partnership with God, I desire that He continue to guide me to serve with compassion more than anything. To do good deeds in Jesus’ name. This is what God has called me to do and I am passionate about it. I was happy to have read in Crafting A Rule of Life text book, “Much bigger than a career, job or occupation, our unique calling will

be based on our gifts and abilities, will grow out of our deepest desires, and will always involve some response to the needs of the world” (p. 54). “Do good, lend, and expect nothing in return and your reward will be great” (Luke 6:35).

### **MISSION**

**To Always Walk with God in Everything I do. Leading life without God’s guidance is leading an unfulfilled life.**

In everything I do, I ask myself – is this fitting in God’s eye? Will God approve? What will God think of me? I ask myself these questions to ensure that I please Him first because I want and I need His continued guidance in my life. I believe when I do this, everything else will fall into place and be as it should be. There was a time that I turned my back on God for selfish reasons. Reasons, that looking back on it now, was steering me down a dark and un-Christian like life. I started to feel empty and lost. That feeling is something that I could never forget and never want to re-live. But there is always something I know and that is God is forgiving and He will not leave me. As I found my way back to Him, my life has improved so much, and I look to Him more and more for continued guidance. I praise Him for His continued guidance. The *Crafting A Rule of Life* text spoke about spiritual discernment – leading of the Holy Spirit to provide insight. “In spiritual discernment we are seeking a growing awareness to two important matters: (1) God’s invitation to come close, draw near and follow him to a place of intimacy and companionship, and (2) God’s intention to fulfill his will for our lifetime (p. 69). I longed to know God more than anything else. “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and he will make your paths straight” (Proverbs 3: 5-6). “God will go before you, walk beside you, stand behind you” (Matthew 28:20).

**REFERENCES:**

King James Bible. (2017). King James Bible Online. <https://www.kingjamesbibleonline.org/>  
(Original work published 1769)

Macchia, S. (2012). *Crafting a Rule of Life: An Invitation to the Well-Ordered Way*. InterVarsity Press. ISBN: 0830835644