

COURSE INSTRUCTOR: Dr. Robert Reimer, Professor of Pastoral Theology

SF770/PMN460 Soul Care

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2/3/2023

Dr. David G. Benner, the author of "The Gift of Being Yourself," was born in Orillia, Ontario, on February 9, 1947. He is a well-known author, wisdom teacher, and depth psychologist from Canada. He draws on the insights of science, philosophy, the perennial wisdom tradition, and forty years of work integrating psychology and spirituality. David is the founder of Cascadia Living Wisdom,

Summary of three main points of the author that impacted you.

The spirituality of self-discovery . His book encourages me to recognize my genuine identities, which come from my uniqueness in Christ, and exposes the false selves I conceal behind. I have always known that my identity is flexible. It consistently offers me direction for living my life. Finding my true self does not just lead to freedom. My achievement of my God-given destiny and mission is facilitated by genuine self-understanding, which also revitalizes my spiritual lives. Knowing who I am in Christ Jesus has been the source of my long-standing struggle with my true identity because I desire to honor Jesus by growing more and more in his likeness. Knowing Jesus is a continuous relationship that will last forever.

the spirituality of self-discovery. The real me is who I actually am and who I'm becoming. It is not something I need to develop through a process of self-improvement. Instead, it is my entire being as I was formed by God and as I am being redeemed in Christ. I am God's unique image, the one who has been reserved from all of eternity.

I cannot find my true self by looking for it. Instead, I locate it through looking to God. According to Dr. Rob Reimer, in order to develop integrity, one must first work on their character.

According to David Benner's book , the third main point that impacted me is that I should honestly want to know Jesus, being willing to prayerfully reflect on my experience with God,

being willing to meet myself and God in solitude.

My understanding of God would still be quite restricted if the unseen God had never been visible. But in Jesus, the Divine self-revelation was fully realized. Therefore, to know Jesus is to know God (John 14:9). The "image of the invisible God" is Jesus (Col 1:15 nrsv). In order for me to advance from knowing about God to encountering God intimately in Jesus, I must transmit all of my beliefs about God through him. Since I started spending time with Jesus, that was when my relationship with God began to grow. The core of my prayer ought to be spending time with God. My prayer life, as far as I'm aware, resembles a series of emails or text messages to the Almighty. I always engage more when listening than when speaking.

I'm learning to do this with Jesus as my model for learning to simply spend time with God. I may firmly establish my faith in God by spending time with Jesus in the actual events of my life. I carry it out through engaging in Spirit-led meditation on the Gospels, and for me to know Jesus I must die in self before Christ will be formed in me.

Interaction - how does the reading interact with your present or anticipated ministry context?

This reading interaction made me understand that to be a Christian or a ministry is an IDENTITY as well. It's who we are, not just what you do. But who we are resonating

As a ministry or Christian we are not alone in this fight. Today, for those who are in Christ, we have an Identity protector at work for us in Jesus himself. The Bible says that we can never be taken from His hand and that he is interceding for us and that He never leaves us or forsakes us. Our identity cost Him his life. Our identity was worth a lot to Him. Our mission in ministry, like Jesus', is to carry out our lives in accordance with the loving will of the Father. Like Jesus, we must always wrestle with God, ourselves, and the devil in the solitude of our own little wilderness in order to identify this call. Regarding Jesus, we must continually evaluate him in the context of our current situation. As a result, being receptive to God's call requires constant attention. Right up until the moment of his death, Jesus' view of his mission was always evolving.

Answer the following questions within your reading report:

1). "What have you learned about yourself as a result of your experience with God? And what do you know about God as a result of genuine encounter with God

The basis for all true self knowledge is understanding how deeply God loves each and every one of us individually. "The self that God continuously loves is not my prettied-up fake self, but my actual self—the real me.

2). "What might Peter tell us at this point about his knowing of God and himself?"

Many Christians would claim that they are initially aware of their sinfulness as a result of their relationship with God. And perhaps the first thing they would claim they understood about God through this was his love and forgiveness.

3). "The question is, how does God feel about you? What is God's knowing of you?"

God loves each and every one of us with a depth, perseverance, and intensity that is incomprehensible. The truth is that God cares deeply and passionately about me. God cannot help but look at me with love. What's more amazing is that God's love for me is independent of how I behave. Divine love is unaffected even the least bit by my unfaithfulness. Divine love is completely unconditional, limitless, and unfathomably generous, just like the father's love in the prodigal son tale.

How will this book impact your theology and praxis of soul care?

The knowledge I got from this book, particularly in the area of genuine identity, will help me achieve my vision for the future. Because when Jesus appears, his kingdom comes, but when humans appear, nothing occurs, I will always make it more about Jesus and less about me. I'm motivated to put up my best effort, participate more actively in the learning process, and practice gospel meditation, which I believe will give me the chance to enter specific moments in Jesus' life and thereby share his experience since shared experience is the foundation of any friendship. And in my life, Spirit-led meditation of Jesus' life will make this possibility possible.

How has the book impacted your life personally?

This book has exposed several lies I have been telling myself over the years as I consider how I want other people to perceive me. I have done that on occasion to present a good image of myself. I have occasionally failed to be open and truthful about my weaknesses. This book will make it easier for me to be willing to encounter God alone and to reflect in prayer on my relationship with him.

THE GIFT BEING YOURSELF

With integrity, I have read this book Thoroughly and Entirely 100%

Quickly but Completely— ____%

Thoroughly but NOT Entirely— ____%

Quickly and NOT Completely— ____%

Not at all— ____%

• Dates Due: 2/3/23

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