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CAN I REALLY GET CLOSE TO GOD

Mirror moment in the beginning of the book it asked to take a moment to answer two questions.

The two questions are am I worthy of love? Yes or no the second question was are others capable of loving me? Yes or no if you answered yes to both you lean towards secure relationships, believing that you will be heard when you ask for help. If your answer is no to both, your negative view of self and others cause you to be fearful. If you answered yes I am worthy of love and no to are others capable of loving me, this is the one that fits me says which is true I tend to be avoided or dismissive and relationships. I do often hold people at arm's length, believing I must be self-reliant. And lastly if your answer is no to am I worthy of love? And yes to are others capable of loving me you are often anxious in relationships, believing that because you are not worthy of love, others will tire of loving you and abandon you.

One strong obstacle in blocking your relationship with God is anger I think all people are angry at some time in their life. I think I'll need to learn where my anger comes from. When I'm driving my car if you could hear some of the words that I say to the other drivers who of course can't hear me you would be shocked. It is an improvement that I talk junk inside my car where nobody can hear my road rage, then jumping out like I used to. In the book of talks of three types of anger and asked which one do you most commonly struggle with the first one includes stewing or festering that bruise just below the surface and doesn't come out. The Greek word for this type of anger is *proviso*. The second type of anger occurs when something important to you is threatened or damaged generally building within you the Greek word for this anger is *orgizo*. The third type of anger is the kind I exhibit the Greek word for this one is

thymos which means rage. I need to go into what causes the underlining issues that make me angry, I guess these counseling sessions that I have to do will be helpful after all. Anger is an emotion so I don't think I can get rid of it but I definitely learned how to appropriately deal with it.

I also felt uncomfortable when I got to the part of the book that talked about the discipline of forgiveness. I understand from personal experience that I need to forgive a person for costs of that anger does more harm to me than them. I still have a hard time forgiving people in my life once I am angry I tend to hold it against them. There are some people that I come in contact with on a regular basis that I don't communicate with speak to or interact with and I can't seem to remember what the offense was. I just find it easier to shut them out. That is why the forgiveness case study should be a great learning experience for me. I can start to see all of these assignments working together to create a strong foundation for ministry.

With integrity, I have read this book (circle one):

Thoroughly and Entirely____%

Quickly but Completely 100%

Thoroughly but NOT Entirely____%

Quickly and NOT Completely____%

Not at all:

DWAYNE ROAN_____