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Personal Spiritual Formation

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The thing that was present to me in this article was when they were talking about spiritual council. The reason this part specifically stuck out to me is because I have been personally put in a position where I had to be spiritually counseled and it did not help. I was in an emotional state of mind after my grandmother had passed away so my parents took me to someone from the church for council. The person told me to just pray about it and that my grandmother was with God so there was no reason to cry about her being gone. Although I knew that, that was not what I needed to hear from her at that point. I did not get the comfort, nor counsel that I was looking to seek from a spiritual counselor. The whole part of it now just turns me off, and I cannot see myself seeking a spiritual counselor again. In the long run, they ended up, making me move away from God instead of closer to God. It wasn't until I ended up seeing a real counselor, that I started to get some help for the loss of my grandmother. So to this day I am still not over it, but the help from the real counselor was more helpful than the help that I received from the spiritual counselor.

What I ended up learning from this article was that spiritual counselors are not always the one to turn into when you need help. They are not real doctors therefore, they could not provide the same type of help that a real counselor can provide. They can only provide help on a spiritual aspect. I also learned that it is okay to receive help from a medical counselor and to not be ashamed of getting that help from a medical counselor. I remember I used to get so mad at my

spiritual counselor because she was not able to help me but after reading this article, I realize that it is not her fault, and that she is not trained to be a real counselor, but that she could only give guidance and support on a spiritual aspect.

Another thing that I ended up learning from this article was that Calvin believed that believers occasionally needed to talk to a mature, wise Christian, in order to find relief. However, I do not agree fully with this only because even the wisest of Christians do not know everything, and cannot help in every way that for example a professional could help them.

Moving forward, I plan to approach everything that I learned in this article and apply it to my life now. For example, I will no longer judge a spiritual counselor when I go to them, and they do not have the answers to help me. I will not also look down on them for not knowing everything. I also learned that I also do not have the answers to everything and when I do not have the answers to help somebody, that it is okay to advise them to go talk to someone that might be wiser than I am, and able to help them.