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PMN 346 Personal Spiritual Formation (NA)

February 16, 2023

Reflection and Discipline

What is present to me is not being honest and open about my feelings. I have always put on a persona of being strong and because of this, everyone one around me expect me to be the strong one in all circumstances and therefore lays a lot of burden on me. In the past too years I figured out that I am not as strong as I thought I was. I am not allowed to be vulnerable. People in my family and even at church do not listen to me even if I try to complain. I was contemplating going to the counselling room at school, to unload some of the things I had hidden from a child. I need to face these things and see how best they can be addressed. I tell Jesus and He has come through for me many times, but I need to find a way to tell people around that I cannot manage and make them believe what I am trying to say. I feel extremely tired, and it scares me sometimes. My sister just suffered a series of stokes and that is even trying to lead me down the road of fear.

Even though I have heard this scripture over and over "Be angry and sin not" This lesson has open a whole new meaning. Being not strong enough with my (no's,) and pretending that I am strong, showing that I am always the peace maker or the one filled with Joy are all obstacle I use to "block out the persons who are really hurting me and the way I feel" I learn that I can admit to God that I cannot manage and completely surrender to Him. Give Him full control. I learn that I do not have to do everything or be everything. I did not know that If I cannot say no "I am being controlled". I learn that we use these obstacles to build a comfort zone, which if we really think about it, we are not comfortable, but get customized to what we know because we are fearful to take a leap of faith.

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From now on, I am going to learn to say no and practice when to say it and how. I am already practicing meditation, so I can be calm when I feel anxious, when I feel burden down, I can go to a quiet a place and spend time with God. I am going to be brave so that I can withdraw when I am overwhelmed.