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Intro to Spiritual Formation

Professor Mitchell

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Spiritual Growth Plan

Since completing the intro to spiritual formation course, I've taken the time out to realize all of the things that I learned from that class that will actually benefit me and allow me to now know how I can grow spiritually, socially, emotionally, socially, and intellectually. What I have been taught will not only be useful for now but when I start a family one day and am able to take what I know to help raise my kids, and use it in my marriage and my job and other important aspects of my life.. As a junior, right now in the nursing program I am currently focused on spiritually growing during the rest of my time here in Alliance university. To start off, emotionally growing is a big deal for me, along with the other aspects, but I am taking it a bit more personally .I feel like these last couple of weeks have taken a big toll on my emotional health as I have just lost my grandma and I have to travel back home to Ghana for the funeral hence missing some school and that is also adding onto my stress and I feel like it is taking a toll on both my emotional and spiritual health. This is why I plan on taking every step I can in order to help manage so I can be able to do what I want and need to do in life and learn how to deal with all those feelings that come up especially when it comes to blaming God or whoever was closest to me for this loss.

I am aware that I can never have enough of God. Even when I feel like I'm getting closer to Him, His goodness makes me want to learn more about Him. Today, as a result of that, I want to ensure that my connection with Him never deviates off course. Even if everyone occasionally lacks and pays other things a bit more attention than God deserves, I will make sure to talk to Him while also allowing Him to speak in order to maintain our connection with Him. Whether it is through the Word, a person, a song, etc or even if it is simply to wait, that is what is key, along with allowing Him to guide me in everything I do. From what it is He wants me to do tomorrow down to my career choice, may it all be His will only despite how I feel. Personally I feel like reading is something that I put above my relationship with God and I am finding it hard to let go of that but I am trying to but I also feel like I want to do what makes me happy as well and that makes me feel conflicted in my spiritual journey.

When it comes to my growth socially, I really want it to expand that because normally I am a very shy and introverted person so I barely leave my dorm as it is so going and speaking to people normally is kind of hard for me and in my last years in this school I feel like I'm going to be able to open up a little. I plan on using my skills that I learn here to speak but when I believe I am ready and God has given me the pathway. I have been told I am antisocial and I am trying to expand that because I believe it would help me grow both spiritually and socially.