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Reflection Article and Discipline

What is present to me in this lesson, is that we were not born with habits, they are form as we grow and they are influence by instances and circumstances around us. They come through different medium based on how we were socialized. When we become aware of some of the habits, we do not want to give them up, because they may give temporal pleasure, which could lead to destruction. Some of us avoid church in our earlier years, like the plague, because we do not want to give up these habits. When I was a young girl growing up, I use to love jewelry, still do, but not so much. The church I grew up in did not use them. At the time I think that my church was the only "right" church. I had a habit of being in church this minute and being out the next minute, all because I wanted to wear those Jewelry. Years after, I when I became full committed, the love for those things grew lesser and lesser. I still do wear them sometimes, because I am a member of a different denomination, but those things is not an idol in my life anymore. I found out I could live without them. There are other habits that I have and are aware of them. Some are hard to get rid of. I complain a lot and each time I do, I feel disgusted with myself.

I have experienced all the other bondages at some point, but did not have a name for them. With them being highlighted in this lesson and learning the names of the different habits, has brought about a very strong awareness. It brings about more clarity to what is happening in my life. The soul care awareness has come to me sometime ago, through meditation, I have even taught a lesson on it, but this lesson has deepened the awareness of soul care.

Fasting is indeed an integral part of the Christian life, it kills the flesh and strengthens the Spirit. My aim is to continue to identify fleshy things and lay them on the alter of sacrifice. As the scriptures in

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(1 Cor 1:29) says, "that no flesh should glory in His presence..." and "This kind goeth out but by prayer and fasting... (Mathew 17: 21). I am going to practice to tell my problems to God, because He is the one who truly care and is able to take care of them. I like the quote from the lesson "change expectations lead to change attitude" It is saying to me, If I believe it, I can receive it. At times us teachers tend to learn the word to teach somebody but its for us to learn the word first to practice it ourselves and then somebody can learn by our example. As the scripture charges us in (1 Timothy 4: 12) "Be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity" M greatest aim at this time in my life, is to preserve my soul. I want to do an assessment each day, weigh the balances and see where I have fallen short and found wanting. I am encouraged to go deeper and higher.