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March 22, 2023

SUMMARY OF SPIRITUAL GROWTH PLAN

People will try out source to help them, but Jesus is the only solution, to solve any problem we face in life. He heals the sick, even when the doctors cannot, people will spend all their money seeking help, with no solution to their problems. But as children depend on their parents for comfort and help, we as adult need to find a source of help, which is Jesus. We look to God because we are all children of God, to hold us in his arm and to guide and protect us from any harm and shelter us in time of storms in our life.

We cry to God to help us in times of need when we are hungry, he feeds us. As a child we are sheltered by our mother, even while in her womb this is the protection we have from God. As children we depend on our mother and whenever we need something we cry to her just to comforted by her. This is the desire we have for God, to cry to him for all our need and wants to be comforted in his arms. According to the book, "The longing an infant display for a caregiver is similar to the longing we have for God." (p. 25). As a nursing student, I cry to God to help me to be able to retain everything that I study. Life obstacle comes to prevent me from succeeding my goal, but I look to God for help in everything I do. We all want to be loved and need the love of God to survive, this is the way to make it through this life.

The barrier along the way means that at times during our lives we encounter difficulties such as hills, boulders, cliffs, when we fall, we fall like a tree. When people try to block our blessing, we have to keep pushing in order to be successful. In life when we fall, we must look up, because our help comes from God, he is the sustainer in everything we do in life. This life journey we seek God in everything we do to emotionally strengthen us. As Christians we must become spiritually strong and disciplined when we fast and pray, we must be absent from food, to be connected to God.

As we grow in God we will be able to hear his voice, and as we hear his voice we will become closer to God. In our spiritual growth it is best to be in solitude and be disciplining and stay away from the noise of the world and focus on the word of God. By giving everything to God we must make a complete commitment to serve God with our whole heart. Since our bodies belong to God, we must give him back our bodies as a living sacrifice and become all he has created us to be and we are made to worship him in spirit and in truth. As stated in the book, "At times, it's obvious what God is speaking to us and at other times, it lacks clarity." (p. 58). We should never put a limit on God, for he can do exceedingly and abundantly above all that we can ask or think.

In conclusion no matter what we are going through in life, God can change things for us, and I know he can because he has done it for me so many times. As I reflect on my life from a child and on all that God has brought me through and is taking me through the trials of life, I must serve him no matter what I might face. We might get frustrated at times when things are not going our way, therefore, we must keep trusting and standing on the word of God, even when discouragement comes, God is bigger than all our problems and he will take us through.