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**Introduction to Spiritual Formation**

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**March 20, 2023**

### **Spiritual Growth Plan**

When I set a goal for myself, I look to my past for a method which I have had success with for achieving my objectives. One of the ways that I have experienced great results is by writing out or making a plan of what I want to achieve and displaying it on the bedroom wall. I find I need a visual note or sticker to remind me of the goal every time I enter the room, that way I am less likely to forget and fail to achieve it. This method is found in the Bible, "And you shall repeat them diligently to your sons and speak of them when you sit in your house, when you walk on the road, when you lie down, and when you get up. (Deut. 6:7)." This is why I think making a plan for my spiritual growth and placing it somewhere that is easily visible is a good strategy for improvement. In this paper I am going to set out some steps that I believe would help me grow spiritually, emotionally, socially, and intellectually.

The step in my plan towards personal growth is to pray more. Prayer is of vital importance to a Christian, someone once made the analogy that a Christian who doesn't pray is like a fish out of water. I know I need to prayer more than I do now if I am serious about my life and want to fulfill God's will for my life. Lately I am finding that my responsibilities like work, school, daily chores, and other engagements like talking to friends has crowded out prayer from my life. This is a tactic the enemy uses against Christians. The enemy wants to separate us from the source of our strength which is reliance on God. That is why I need to take action to address this issue and will set up a timer every day to stop whatever I am doing and make time for prayer.

The second step in my action plan is to read God's Word the Bible more. Spending time reading and meditating on the Word of God is a great way to grow spiritually, intellectually, and emotionally. In the Word I can get to know more about Jesus' character, His love, and consoles for me as well as for the church and humanity. Similar to eating the right amount of nutrients for physical growth, is reading and praying in the Word of God for growing spiritually healthy. The Bible is spiritual food for solid spiritual, emotional, social, and intellectual growth. Just as Jesus said, "Man shall not live on bread alone but by every word that proceeds from the mouth of God (Mat. 4:4)," so my plan is to every day include time to feed my soul with the Bible.

I also want to practice being still and silent before God that way I am better able to hear His voice. Whenever I begin to pray or read the Bible, I plan on taking some time to be quiet and just listen to hear God. This is something I will incorporate in my daily devotion.

A fourth step is for me to incorporate a self-examination exercise. Besides praying, listening for God, and reading the Bible I want to take time to examine myself. I need to allow the Holy Spirit in and show me aspects of myself that I maybe am not aware of. If I want to do God's will and love Him and my neighbor more than I need to be a better instrument for God. I need to know what parts of me need to be changed. Do I need to improve socially, intellectually, or humility wise? Is there something from my past like a wound that is affecting my social performance currently? Is there anything I can do intellectually to feel better about myself and be able to interact and understand others better? What do I need to do to be a better Christian?

I believe that if I get closer to God and allow Him to fix me. I will receive new life. It isn't simply He will help me grow spiritually, emotionally, socially and intellectually. He will give me Himself and I will be made a brand-new person, someone who is worthy of inheriting eternal life. His healing will cover all the areas of my soul and mind that need repairing. God is waiting for me to make the complete

surrender to Him. He wants to be my Father, my best friend, my helper, my healer, my stronghold, and my everything. I want to get closer to God and with my plan for improvement and His blessing I can grow to be more like what I was created to be and more like Him.