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PMN101: Introduction to Spiritual Formation: OB

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Spiritual Formation: Plan for Spiritual Growth

After taking this spiritual formation class, it has prompted me really to look inside myself and my walk with the Lord and has moved me to make changes in my life. Upon taking this class I never thought that it was going to hit me this hard, but it truly did and at first it was a bit painful and scary, but it seemed like that needed to happen so that God can truly heal my innermost being so that I can be effective and my walk with Him and to others as well. This class has prompted me to make a plan that would be successful for my growth spiritually, emotionally socially, and intellectually and that's what I will be discussing here today. I will be focusing on the changes I wouldn't need to make and those that will help me through my journey so let's begin.

As I began this spiritual formation class my emotional and social behaviors were not healthy and needed some work. I would handle situations around me not in a wise way and the people around me would get affected. I have learned in this class that I must be proactive in these areas especially my emotional and social areas. I can now say that I am open to taking some therapy sessions just to get through some of my junk. At first, I had a negative notion about therapy, and I always thought it was for weak people, plus growing up in the urban community it was taboo; we just got through our issues by simply just getting through our issues. After consideration due to this spiritual formation class, I have decided to get the help that I need and

to work through my past traumas and be proactive in my walk-in life but also in the Lord because they both tie in. This is a big step for me because as I stated before, I would consider therapy as weak but in reality, it is a healthy way to get through my issues. I was even speaking to my pastor about it, and he also suggested it. Sometimes it is good just to let things out and say what's on your heart and that's what I plan to do for my emotional and social progress. In addition to therapy, I will be taking actions to also work on these two areas by doing the workbook *Emotionally Healthy Spirituality* by Peter Scazzero. This book was referred to me by my pastor and I've heard very good things about it, and I feel this will be an additional step to furthering my emotional and social health.

Another area that I plan to work on and succeed in is that area of spiritual and intellectual. The spiritual aspect was kind of difficult for me because there have been times where I feel stagnant in my walk and would be comfortable of where I was spiritually. After this class it has really motivated me to truly dive in and know the Lord so that my spiritual life will be flourishing. I plan to do this by specifically carving out time to meet with the Lord And just be still in his presence and see what it is He wants to say to me. I can sit here and honestly say as a believer of 13 years I have never read through the whole Bible and in this season in my life now with the spiritual formation that is happening in my life, I plan to read through the whole Bible but not just by rushing through it but by taking my time and letting the Bible read me instead of me reading it. I believe in doing so, that is going to work on my intellectual self at the same time. In the workbook, Wanda walborn speaks about “Transformative Knowledge” which speaks about not just simply knowing the word but knowing the word and letting it transform you. This perspective she brings on transformative knowledge really switched my perspective on getting to know the God of the Bible and what he says about me because if I know what he says

about me and who I am, my being, belonging, knowing, and serving then I will be forever transformed by the knowledge that is spoken in the Bible. In conclusion, I am extremely excited to see where this journey goes from here, but excitement will only get me so far, I will need more than that which is accountability. I plan on staying accountable to my pastor and my mentor of many years that will keep me on the right track in doing what God has called me to do. I believe this will encourage me to have tunnel vision and where God is going to lead me...