

Three Year Spiritual Growth Plan

Rebecca Flores

Prof. Jessica Mitchell

March 16, 2023

The definition for Spiritual growth is “the process of developing self-identity, nurturing meaningful relationships with others and or with a higher power (GOD), communing with nature and recognizing importance and unity.” Spiritual Growth is about learning more about God which should be our strong foundation and it should be an important part of our lives. Before enrolling in Spiritual formation class, my spiritual life was based on watching other model Christians in my church. I believe, that I mimicked others by imitating the phrases they would use. “To God be the Glory, this too shall pass, etc.” I used this tactic to keep others away because in over the years some Christians, not all Christians, were critically judgmental or the other thing I felt was that I did not want to disappoint anyone if I failed at being a Christian. Feeling that, I do not want to be fake in the eyes of other Christians nor God I struggled with the question to God, how should I be, how should I act? I would say to God, I want to be free from all those thought and my actions therefore, the struggle was with my old self.

That being said, first and foremost my three-year plan for me is to start with prayer. In the Spiritual Pilgrimage and Purpose, the two things that stuck out to me were, “the journey is fluid and keeps going and the purpose of the journey is to meet God intimately.” I’ve always prayed to God but have not taken the time to spend in silence and solitude, to seek His presence. In the beginning of the class I read the first two chapters in Experiencing God Through Prayer by Jeanne Guyon. On page 19, the fourth paragraph it stated, “Are you thirsting for those living water Jesus promised when He said and in the fifth paragraph Guyon asked the question. Are you tired of feeling like a broken (cistern), that can hold no water” Jeremiah 7:73?”

That right there made me think to myself, it is time to stop playing with God and stop being a little like the Diagnostician and an Observer. I hope I can be all four, Theoretician, Diagnostician, Observer, and the Practitioner.

Nevertheless, I do know that God is the source of our change. Then I did the prayer of intent and spend time in silence and solitude with God, to listen to His voice and instructions. I have never experienced what I experienced. For the first time in my life, I saw the word, Peace. Then, I heard a song by Casting Crown, "God of all My days" and I quickly wrote it all down in my Journal. This discipline to quiet the mind and listen to God was the hardest for me. I am a mom, I work two jobs and attend college let alone other task that I do around the house and my church, nevertheless, I will manage an effective prayer life.

Next, reading and studying my Bible in its entirety. I do not read my Bible often and or every day. However, last semester provided a hunger to read the word. I plan on setting a time during the evenings where it is the quietest to spend time in the word. In 2 Peter chapter 3 tells us to, "grow in the grace and knowledge of our Lord and Savior Jesus Christ." That being said, I have printed out a Bible Study template that I have downloaded online that allows me to break down the passage. For instance, I will read the passage, highlight the verse and or write the words or phrases that pop out at me. Then, pray about the message that God wants me to take from the passage and apply it to my day or my daily faith in God and journal that in my journal that I started this semester. It is amazing how journaling what God had instilled in your heart and when you go back to it, you become in awe of all that He has done in that short time.

The last two added to my three-year Spiritual plan is to stay connected with other believers. By staying connected to other believers will help in benefiting each other in terms of staying on the straight and narrow. To allow us to pray for each other and cross reference anything that we have read and or received in our time with God. We Christians go through so much, we aspire and thrive to be just like Jesus and are hard on ourselves when we fall short. In Hebrews 10:24-25 says, "And let us consider how

we may spur one another on toward love and good deeds, verse 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”

Finally, it is important that we nurture our emotional health by praying, keeping up with the word and allowing time to speak with a fellow Christian mentor. The reason is that the adversary is always trying to distract us. He is waiting for any little thing that will throw us off track and use it against us. Furthermore, the adversary will use any tactic to make you look like a failed Christian. Therefore, it is important to do a self-check on our emotions such as, make yourself aware of the triggers, what can help you defuse conflicts in any relationship, if it is in your marriage, friendships and or the work place. Spend time in the word and meditate in the verse or passages so that your spiritual and emotional health will allow Christ to touch areas that need growth and healing. And, always know that we are not perfect. Allow yourself to be vulnerable in the presence of God, leave all your cares to Him. In 1 Peter, (NIV), chapter 5 verse 7 it says, cast all your anxiety on him because he cares for you. Because if we are not nurturing and controlling our emotions and allow the Holy Spirit to do the works in us how are we to serve others. Therefore, in the Chapter Healing, the definition of Ministry or to minister means to serve or help others to heal.

“And if you faithfully obey the voice of the LORD your God, being careful to do all his commandments that I command you today, the LORD your God will set you high above all the nations of the earth. And all these blessings shall come upon you and overtake you, if you obey the voice of the LORD your God. Blessed shall you be in the city, and blessed shall you be in the field. Blessed shall be the fruit of your womb and the fruit of your ground and the fruit of your cattle, the increase of your herds and the young of your flock. Blessed shall be your basket and your kneading bowl. Deuteronomy 28:1-68 (ESV).