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Spiritual Growth Plan

Proverbs sixteen verse nine comes to mind when I think about creating a 3 year plan for Spiritual growth "A man's heart deviseth his way: But the LORD directeth his steps" (Proverbs 16:9 KJV). Three years is a long time, and frankly I don't usually make plans, I just write things I hope will happen and place it in God's hand to avoid disappointment. Nevertheless, I will list a few ways I hope to grow Spiritually, intellectually, emotionally, and socially; and include how I intend to follow through with each. I have a mentor who has helped me grow spiritually the last few years. In addition to her help by God's grace, I will ask my close friend Delvin, and my father figure Deacon Duke to hold me accountable. I trust Delvin (Deejay) to hold me accountable in social and intellectual growth. Deacon Duke for the Spiritual, and as I call her; aunty Joy to hold me accountable for the emotional growth.

The workbook Introduction to Spiritual Formation by professor Walborn states that " we start with God because He is the source of any transformation in our lives" (pg.14). With that being said, I'll start with ways I hope to grow Spiritually. According to Spiritual Instincts, I am a student of the word. <u>One way I plan to grow Spiritually is by studying the Bible to know God</u>. I want to "grow in the grace and knowledge of our Lord and Saviour Jesus Christ" (2 Peter 3:18 ESV). I want to learn the heart of God so I can be a better servant and love His people as He loves them. <u>Another way I plan to grow Spiritually is to "stir up the gift of God which is in [me]</u>" like Paul urged Timothy in Second Timothy one verse six. In order to stir, or keep the gift

ablaze, I have to stay connected to God through prayer and fasting. As a result, I will continue my Monday fasts, but make them specific to how God would want me to do that week.

When my Spiritual life is under God's control, I will grow in other areas. Emotionally, I tend to suppress my feelings which causes anger to "stew or fester that brews just below the surface and doesn't come out" (Walborn, 78). At that time, I tend to lash out or I regress and avoid people and situations. To combat these behaviors, I will continue to identify my emotions so I can learn how to manage them. I will also speak out about my childhood trauma, maybe by returning to therapy. Aunty Joy also helps me identify some childhood trauma and prays with my concerning them.

Working as an early childhood educator, I grew tremendously socially. I have learned how to effectively communicate. There are some areas in communication that still needs work such as: actively listening, being "quick to listen, slow to speak, slow to anger, for your anger does not produce God's righteousness" (James 1:19-20 ESV). Talking to strangers is another way I intend to grow socially. It sounds a bit strange, but there are times when God gives me a word for strangers on the bus and I keep quiet. I intend to work on my shyness in order to speak to people when God tells me to.

To grow more Intellectually the next three years, I plan to read more. Not just read the Bible, but Biblically sound books. Also, I will continue to journal, and be consistent in journaling. There are times when I get dreams, and lessons from God and neglect to write them down. Just writing my thoughts down also will help me to process things, and get a better perspective on them.

All in all, I pray that God will help mold me to become the person He created me to be. I pray that His name will be continually glorified throughout my life.