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PMN101: Introduction to Spiritual Formation: OB

CONSTANCE DIGGS

My Spiritual Growth 3 years Plan.

I will start my Spiritual Growth plan by talking about my past at least a small portion of it. I grew up going to an evangelical church with my mom and sister, I never did understand how deep was the importance of God in our lives or how to be present with God in my life. I am not gonna lie that I still growing this inside me and this what I liked in this class is that explains about it, explains about the salvation that and the benefits that living in God would bring to us, along the years, I was thinking how I have improve myself, how can I be a better person, for me, for my family, my partner, my friends and to be honest, to the society in general, how can I be a better version of myself. In my three years plan I know I have a lot to improve, in myself and also improve the relationship with God. I have to work on my past scars that I have got through life, cure that so I can move forward, cure my insecurities, this trust issues that I developed through my old relationship, I have to meditate and think through about my goals, and who I want to become, the changes that I desire. So first, I will work on my emotional goals, I want to break the fear that I am not capable to do anything, because tha demotivates me to do anything I want in life, such as studies, work, relationships, I want to be a better person to look at my partner and not have fear of being alone, show myself how worth I am, and learn to think more for myself, for what I want for my future.

Socially I want to listen more, to whoever needs it, because sometimes it is hard to deal with our problems and have no one to talk to. In Brazil I always participated in social projects to help people who needed support but I had to stop because I moved to America so I was not able to continue my side projects for charity, so I plan to go back to my projects, because it makes me feel better as a person.

For my spirituality I want to be closer to God, I want to be the person that has more God in my life, I will share my knowledge to anyone who wants to listen, I want to set up monthly small group with my friends to talk about Jesus, so we can share our thoughts, our knowledge and experiences in Jesus, to meditate together in Jesus words and keep each other in prayers, I think this will improve my connection to God and have him on my side because through my studies this semester I could realize that I am the practitioner type of person on this journey of spirituality, and I am willing to try new things and experience things that I have never done. I will be true to myself, and be my most genuine in life, I will show to God my fragile moments, and my strongest moments. God loves me for whoever I am, with no masks, he knows that we are all broken and we have to pray for him to clear our hearts, I will develop discipline to keep my words, and keep living in his present.

My intellectuality, I will work as much as I can for my future, there is nothing better than gain things in life because how capable you are, I will work on my self intellect because this is something that nobody can take away from me, our knowledge is precious, so I will continue study to conclude my degree, I will graduate and pursue what I always wanted for myself.