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### Spiritual Growth Plan

As each new year begins, I routinely create a list of my upcoming one-year goals and aspirations that I would like to achieve. This is my final year in my twenties, and so I wanted to challenge myself even further by completing tasks that I was unable to finish prior - or even too afraid to tackle. I am grateful for the doors that God has continued to open in my life, and for giving me the boldness to take on even more challenges.

Throughout the semester, I decided to be even more intentional to seek after God's heart. By submitting myself into His presence, whether through an online or in-person sermon, attending midweek or Sunday services, listening to a song on the radio, or even conversations with my husband, I was able to draw nearer to God. God's word says that when we ask things of Him, He will listen and draw close to us. In those moments, I knew God was not only listening, but He provided comfort to my needs.

Dr. Walborn touches on the idea of longing for God's love and wanting to be closer to Him. At times, I find myself desperate for answers to questions that I have repeatedly asked. It was hard to believe that a loving God would allow me to experience pain and darkness because all I wanted was to feel His love and know that everything will be okay. I questioned whether God even heard me when I called on him, and this thought had caused me immense distress and anxiety. However, Dr. Walborn emphasizes that God's children can approach his throne with confidence so we can find His mercy and grace in our time of need (Walborn, 296). This assurance is so special – that my God hears me when I call. Things may not always work out as I had planned or hoped, but He holds everything in His hand, and I don't need to worry.

My goal for the remainder of this year is to continue to separate a few moments in the morning with God. There's a sense of relief and overwhelming peace that flows when I start my day with God. My worries and anxieties about tomorrow disappear, and I get to focus on what is in front of me. Emotional maturity requires us to use Godly wisdom to direct our paths. Allowing God to direct our path means living by His word daily. Romans 8:14 tells us that those who are led by the Spirit of God use emotional maturity. His word encourages me to seek after God's word daily so that I may be able to control my emotions and submit negative thoughts to Him instead of redirecting them toward another person.

In two years, I aspire to join and fully participate in at least two mission trips. I've had many opportunities in the past to attend mission trips, however, I've allowed excuses such as finances, my work schedule, and personal motives to interfere with those decisions. My husband has coordinated medical mission trips to Belize and Cambodia in the past few years where he worked as the lead pharmacist. His role and commitment throughout the process is encouraging for me to see and my hope is to attend the next mission trip that becomes available. After a long discussion, it is my desire that my husband will hold me accountable for this life decision, and I pray that with my nursing degree, I can continue to serve all of God's people.

Within three years, my hope is to start a family with children. Though it seems scary to raise children within a few short years, I know that God will lead us through every step that we take. I pray that God will mold our hearts to lead and guide our children in a spiritual and Godly manner, especially while living in this difficult world. I often think about the impact the world has on young children now but with prayer and submission, I know that God will sustain our future family and mold us to be spiritual parents.