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A Firm Spiritual Foundation

Emotions is what exudes humanity since we all have emotions it motivates our reactions and actions. Realizing this encourages me to understand that even though I may not be able to help my emotions from spiraling sometimes, I can choose to cast my cares to God and check in with my emotions. By doing this I can learn how to not overreact in stressful situations or circumstances. Instead I can tell myself in a stressed situation "You know what God knows my circumstances and he has the world in his hands therefore he knows my future since he's already been there and he's never done with me". I would like to take the calm assurance approach in the future as I plan to grow emotionally and trust that whatever obstacle I encounter is not a surprise to God yet it's a surprise to me.

I'm a child of God and I'm aware of that, yet sometimes I allow labels to get the best of me. For instance, I personally feel socially awkward, think I have social anxiety and honestly feel socially drained at certain social events. Now I know, that I don't have to feel lost within those labels to define me. Instead of me thinking I'm socially awkward I can change it by thinking that I'm socially selective. Meaning that I select who deserves my social energy which is usually attracted to deep meaningful conversations instead of short talks. Also on my end I have been trying to not only listen when my friends or a stranger talks to me but I am becoming reciprocal by aiming to be an active listener instead to show respect. There are certain people who do drain me socially because perhaps we're opposites in socializing such as the person may

be a long talker who doesn't listen opposed to a timid person. Personally being a student at Alliance University has changed my perspective a lot in a wonderful manner because a lot of us have input to share based on our religious upbringings. Due to this I've encountered many deep biblical conversations and concerns amongst my peers along with us being active listeners and praying for each other. I continue to plan to grow socially through the concept of active listening, being open minded, and offering my side of the story in a respectable manner.

Out of all the mentioned plans I believe that spiritual growth is the most valuable plan because it encourages God to invite his presence within our lives. I plan to set aside intimate time with God by continuing to choose to seek and put him first through action of trying more Bible plans, learning and playing more worship hymns on the piano, incorporating his words as much as I can to enrichen my spiritual relationship with him. Before I thought only praying a couple of times throughout the day was enough to be spiritually equipped yet now I'll add on more attempts to do my part in keeping God first within my life.

I plan to grow intellectually by maintaining discipline in anything that I yearn to achieve. Another way I plan to grow intellectually is by remaining a sponge who is open to constantly learning new things. There's always going to be a life lesson, wisdom that God will eventually bestow upon us, subjects, instruments and courses to learn from. As long as I try not to feel bad for not knowing a lot of things I can instead trust God through the many learning processes of school and life in general to gain knowledge and understanding through the hard work and curiosity to ask questions.

All in all, maturing with a Christ like mindset and aiming to grow spiritually will always require more from me through my part. Which is fair because it’s through our actions that God can understand how we choose to go about our faith and if we are being as loving towards others and righteous as possible. Since we’re not perfect and we all fall short, it’s bold of us to hold accountability for our spiritual journey and I trust my family and most importantly my older brother to hold me accountable since I’m impressed with how he’s matured through Christ to the point where it inspired me to change my ways and aim for discipline and dedication on order to solidify my relationship with God.