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SWK649: Professional Seminar I compassion, Spirituality, and self-care

Alliance University

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Personal Rule of Life Statements

Your personal rule of life is a holistic description of the Spirit-empowered rhythms and relationships that create, redeem, sustain and transform the life of God invites you to humbly fulfill for Christ's glory.

In order to begin to frame your rule of life (the focus of the first five chapters), the authors covered five very important issues: roles, gifts, desires, vision and mission. Each of these areas needs to be clarified as best as possible so that the general overview of your life is clearly understood and articulated as you move forward in crafting a personal rule of life. Before moving on part two, summarize your thoughts here. How is the Lord leading you in all five of these overarching areas of your personal life? Record your thoughts below:

Write one paragraph for each area, and 2 pages (single space).

My Roles:

"Your personal rule of life is discerned and framed within the context of your primary relationships and your spiritual community, and lived out in service to others" (p.21)

As I discern and frame my personal rule of life, I am reminded of the importance of my primary relationships and spiritual community. The Lord is leading me to prioritize my roles as a spouse, parent, sibling, friend, and member of my faith community. I am called to serve and love others in these roles with humility, grace, and selflessness. My personal rule of life will reflect my commitment to nurturing and investing in these relationships, seeking to honor God in all my interactions and responsibilities.

My Gifts:

“Your personal rule of life is discerned and framed through the discovery of your spiritual gifts, natural talents and temperament” (p.32)

In crafting my personal rule of life, I am mindful of the unique gifts and talents that God has bestowed upon me. Through self-reflection and feedback from others, I am discerning my spiritual gifts, natural abilities, and temperament. The Lord is leading me to use these gifts in ways that align with His purposes and bring glory to His name. My personal rule of life will reflect my intentionality in developing and utilizing my gifts for the benefit of others and the advancement of God's kingdom. Teaching and cooking are two the gifts and talent given to me by God which I’ve identify as well as others.

My Desires:

“Your personal rule of life is discerned and framed through the longings, yearnings and goals God has placed on your heart and mind that propel you forward with joy” (p.43)

As I reflect on my personal rule of life, I am aware of the longings, yearnings, and goals that God has placed in my heart and mind. These desires are not selfish ambitions, but rather deep-seated passions that propel me forward with joy and purpose. The Lord is leading me to align my desires with His will and to pursue them with a surrendered heart. My personal rule of life will reflect my commitment to seeking God's guidance in discerning and pursuing the desires that are in accordance with His plan for my life.

As I strive to tap into the seed of greatness that the Lord has put within me and serve it to the world, I am driven by my God-given purpose and belief in servitude. I aim to have a fulfilling

relationship with God and impact my workplace positively. Guided by the golden rule of treating others as I want to be treated, I value justice, unity, respect, honesty, and accountability. I acknowledge the importance of meaningful relationships with my family, and I live by the core value of loving my neighbor as myself, knowing that I wouldn't want anyone to mistreat or mislead me or my family. Despite the challenges, I am committed to providing justice to all the families I serve. Moreover, I desire unity and harmony for my nation and strive to uplift and break the chains of mental bondage for black nations.

My Vision:

“Your personal rule of life is discerned and framed within the holistic, long-term vision and passion God had planted in your heart” (p.54)

In discerning and framing my personal rule of life, I am guided by a holistic, long-term vision and passion that God has planted in my heart. This vision goes beyond immediate goals or short-term plans, but rather encompasses a bigger picture of God's purposes for my life. The Lord is leading me to cultivate a clear and compelling vision that aligns with His kingdom values and mission. My personal rule of life will reflect my commitment to living in alignment with this vision, making intentional choices and decisions that are consistent with God's leading.

My vision is to travel around the world and teach about God's Kingdom to those who may not yet believe in Him. What attracts me the most is God's unconditional love and forgiveness, which I find immensely inviting. I frequently pray for God to destroy any spirits that hinder

advancement, peace, love, joy, and happiness in people's lives. I have been witnessing God's wisdom manifesting in how I communicate and relate to others when it comes to sharing about the Kingdom of God. It also reflects in the way I process things and how I give attention to my work, internships, school, and family. I believe my calling is to help others, and I am fortunate to be able to utilize my gift of cooking, helping, and organizing to extend patience and kindness to those in need.

My Mission:

“Your personal rule of life is discerned and framed within the specific purpose(s) God invites you to fulfill in this season of life” (p.66)

As I craft my personal rule of life, I am reminded of the specific purpose(s) that God invites me to fulfill in this season of my life. The Lord is leading me to be intentional and focused in pursuing His mission for me, which may involve various roles, relationships, and activities. I am called to be obedient and faithful in fulfilling this mission, using my gifts and resources for God's glory and the well-being of others. My personal rule of life will reflect my commitment to living with purpose and intentionality, as I seek to fulfill God's mission for my life.

In pursuit of my vision, I am currently engaged in multiple areas of my life. I am a student, studying for my MSW clinical degree, and I am actively involved in the family service unit at ACS, where I help families in crisis. At home, I play the roles of a wife, mother, friend, and spiritual leader, knowing that my family deserves my utmost attention and care as they are the ones, I spend the most time with. I believe that my life should inspire and reflect the light of God, not only for my family but also for the world to see and partake in. I have temporarily

scaled back on my church responsibilities due to my full-time studies, but I know that by fulfilling my educational pursuits, I am also completing my church assignments.

In the coming weeks and months, I feel called by God to deepen my relationship with Him through prayer, reading, and studying His word. I am reliant on the Holy Spirit to guide, lead, and support me in fulfilling the purpose and plans God has for my life. Additionally, I feel called to strengthen my relationships with providing clinical-based therapy to the children at TCCNY and teaching my own children the ways of God. I strive to be honest, patient, and understanding towards myself and others around me, and to continually learn and teach about the Kingdom of God. My devotion to pursuing my vision encompasses various aspects of my life, and I am committed to fulfilling God's call in each of these areas with passion and dedication.

In summary, as I discern and frame my personal rule of life, I am being led by the Lord in all five overarching areas: my roles, gifts, desires, vision, and mission. I am committed to living in alignment with God's will, using my gifts and resources for His glory, and being intentional in fulfilling His purposes for my life. My personal rule of life will reflect my heart's desire to humbly serve and honor Christ in all that I do, with the guidance and empowerment of the Holy Spirit.