

# FIELD EDUCATION

## The Log



Week #   6  

Hours This Week:   37.5   Total Hours:   226.5   / 360

HOURS SPENT / TASKS & ACTIVITIES	REFLECTIONS    JOURNALING    THOUGHTS    PROCESSING
<p><b>8 hrs</b> - Sunday ministry</p> <p><b>8 hrs</b> - Saturday ministry (digital production + lunch with church member)</p> <p><b>4 hrs</b> - meeting with mentor throughout the week</p> <p><b>3 hrs</b> - preparation and leading weekly Genesis Bible study</p> <p><b>3 hrs</b> - creating digital content (online devotionals, preparing for online launch, managing fb)</p> <p><b>2.5 hrs</b> - Daily prayer and meditation (Daily Soul Care) as required by mentor</p> <p><b>2 hrs</b> - Sermon prep / practice</p> <p><b>2 hrs</b> - Appalachian campus clean up remodeling</p> <p><b>2 hrs</b> - Prayer Ministry</p> <p><b>2 hrs</b> - Developing high-level production devotionals</p> <p><b>1 hr</b> - Connecting with church members (making calls, chatting online, inviting to church and Bible studies)</p>	<p>In all honesty, this week I felt more sluggish than ever before. I need to do a better job of managing my time to get proper rest and recuperation. Also, I found myself watching youtube and netflix longer than ever before. Instead of turning to God for rest and quiet, I am clearly distracting myself through other means. On Tuesday, I chose to put all digital content away for a week so I can spend more and deeper time with the Lord.</p> <p>Through my quiet time this week, I learned that I was dealing with a bit of feeling betrayed from my friend. My wife and I are currently living in an apartment that I rent from a friend that I met through ATS. He has been the kindest and most understanding person and allowed my wife and I to enjoy our stay. However, just last month, I was asked to vacate the apartment by the end of March.</p> <p>At first, I thought I took it very well. My wife and I were both very thankful for the time we had at the apartment and the relationship we built with our friend. However, I realized that there were still disappointments and feelings of betrayal that remained. I realized that having to move (with a very limited amount of time) was more alarming for me than before. Now that I am a husband and a father of a household, I feel the need to protect and provide for my wife. As I processed, I realized that a protective part of me was threatened through my friend's request. For some reason, I felt shame in feeling these emotions and decided to ignore it instead of dealing with it.</p> <p>After spending some time processing and speaking with my mentor, I further learned that my over reaction to the situation was because of my upbringing in a shame-honor society. I felt shame that I could not provide for my wife and felt that my honor was threatened by a friend that I know clearly loves and cares for me. I had to spend a few days to process and genuinely forgive and bless my friend. Realizing this helped me to relieve a lot of tension and I feel more rested. By Saturday, thankfully, I was ready to return to ministry, engage, and</p>

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	provide care for those in need. I am learning more and more that a big part of ministry (maybe even more?) happens behind the scenes in my personal life. If I am not walking close with the Lord, I have nothing to give.
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<b>MEETING(S) WITH MENTOR(S)    TOPICS OF DISCUSSION    REFLECTIONS</b>
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I had the opportunity this week to spend a few days over at pastor Mitch's home. We had a lot of time to talk, but more than anything, we had fun with each other. We watched a movie, went on walks, and played volleyball with other staff members. Until I got to do this, I had no idea how much I needed it. Because this semester has been so busy with work, ministry, and school, I simply neglected having fun. I felt that I had no time for it. Spending time with pastor Mitch helped me realize that I need to designate time to have more fun.

Through my conversations with Mitch, I realized that what kept me from having fun and relaxing was actually a feeling of guilt. Because I have so much to do, I felt guilty to spend any time or energy on anything else. This was clearly unhealthy and I had to think through and reorganize my priorities. I miss genuinely having fun, trying out creative activities, going to a new restaurant, and reading a book from my list. By neglecting to enjoy life, I realized that I was getting burnt out and bitter.

It was crucial for me to not only realize that it is good for me to rest, but also to do it in God's presence. On a walk with the Lord, I realized that God gave me all the permission to rest. Instead of resting and enjoying my time with Him, I viewed him as a "micromanaging boss" who has controlling. It turns out that this was in fact how I was treating myself and needed to learn to let go. Today, I confess that I am far from perfect. I need God. I can't even do a single thing on my own. It is all through the grace and love of God who has brought me thus far. I choose not to lean on my own strength, but to rely on Him who will open and close doors. He is sovereign and I am thankful to know that it is up to Him, not me.