

FIELD EDUCATION

The Log



Week # 8

Hours This Week: 38.5 Total Hours: 277 / 360

HOURS SPENT / TASKS & ACTIVITIES	REFLECTIONS JOURNALING THOUGHTS PROCESSING
<p>8 hrs - Sunday ministry</p> <p>8 hrs - Saturday ministry (digital production + office hours)</p> <p>4 hrs - meeting with mentor throughout the week</p> <p>3.5 hrs - preparation and leading weekly Genesis Bible study</p> <p>3 hrs - Daily prayer and meditation (Daily Soul Care) as required by mentor</p> <p>3 hrs - Appalachin campus remodeling & rebuilding main stage</p> <p>2 hrs - creating digital content (online devotionals, preparing for online launch, managing fb)</p> <p>2 hr - Connecting with church members (making calls, chatting online, inviting to church and Bible studies)</p> <p>2 hrs - Sermon prep / practice</p> <p>2 hrs - Prayer Ministry</p> <p>1 hr - Developing high-level production of online devotionals</p>	<p>This week, I had an opportunity to speak with a newcomer for several hours. I took the opportunity to ask him what his first impressions about Christians were when he began attending Gateway Alliance, Appalachin. First, he shared to me about what he expected Christians to be. He genuinely thought that church-goers would be weird, awkward, and uninterested to the rest of the world or the exact opposite: aggressive, loud, and judging. When I asked where he got these ideas about “christians” he immediately said social media. What he was most surprised to see at our church was that not only were people kind, but “cooler” than he thought. He is in his mid 20s and first came to our church from a friend who invited him to Game Night where we spent time with each other playing board games.</p> <p>Through our conversation, I realized that Christianity is highly misunderstood in the age of social media. More often than not, I heard people less likely to use the word ‘loving’ to describe a follower of Christ. This made me genuinely think about how others see me. Do I represent God well?</p> <p>As was in the case of the newcomer I spoke with this week, I learned that having fun and being myself is very important. Often, especially when I feel the need to perform as a minister, I act like someone that I am not. I put on a certain demeanor that I think is what a well respected person looks like. I naturally become more stern and quiet to offset my outgoing personality. I am learning more and more that, in doing so, I am actually not allowing others into a relationship with me. I am putting on a mask and simply acting like someone I am not. It was when the newcomer was met with another “person” that he began opening up to learning about Christianity and Jesus. It was not a fabricated relationship, but a relationship that was based on honesty and care that continued to bring him back. I wonder, when I view what I think are “worldly” people, do I view them as friends and people to love? Or do I view them as enemies with contempt? If so, how can I expect</p>

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	them to view me as someone who would display God's love?
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MEETING(S) WITH MENTOR(S) TOPICS OF DISCUSSION REFLECTIONS
<p>Pastor Mitch and I spoke a lot about managing our emotions this week. One of the things that were established in our conversation was the following: wisdom is not in how to avoid stress, but how to relieve it properly in a timely manner. The truth is, we all struggle with managing stress. Everything in life requires our attention, time, and energy. Getting stressed and overburdened is a reality for many. It is no wonder that practically everyone I reached out to speak with this week first began the conversation about how stressed they are. It is a problem that needs to be addressed.</p> <p>I first spoke with my mentor about how I first believed that spending prolonged time with God would solve all my issues and stress. The truth is, I was able to find rest and calm by being with God, but some stressors required other ways to solve it beyond quiet time. Therefore, it was crucial for me to learn about myself and what I enjoy doing. Sometimes stress is relieved by spending quality time with others. Sometimes it's accessing my athleticism and getting competitive on a golf course. Sometimes it's walking alone. Sometimes it's crying and sometimes it's laughing. We both agreed that creativity is key in actively managing stress. However, pastor Mitch stressed heavily that turning to God first and finding creative outlets through time with God is crucial. If not, we can easily turn to addictive behaviors and look to relieve stress in unhealthy manners. Behavioral management is not our aim, but the growth and change of heart that can only be accomplished through the Lord.</p>