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Professor Wanda Walborn
SF703: Capstone

Triad Notes

Jan 18

During the first class, my first two group members were Kevin Stallone as well as Herve Talom. We had discussed our spiritual and emotional needs as well as prayer requests. For Kevin, he prayed for “peace that surpasses all understanding and fear.” For Herve Talom, he had prayed for his family’s health, patience with his congregates, and motivation to keep going with his work and ministry. For me, I had prayed that I would get out of my spiritual low point and recover my relationship with the Lord with how it used to be in recent months. What I had got from this was comfort that people were going to pray for me and that I was not the only one struggling through the hardships of life.

Jan 25 concerns about leading a group

Kevin Stallone, Herve Talom, and I had discussed about breaking our false selves and rooting our identity in the Lord and how important that it was when it comes to leading a group. We all agreed that our false selves are largely influenced during our childhood where self-doubt and fear can easily penetrate our hearts due to the lies we tell ourselves which come from Satan. What I can gotten from this session was the realization that it is only through Christ that we can find our true selves.

February 1 Listening to God

We had talked about the different ways to listen to God such as through meditation or dreams or visions such as Samuel or Joseph from the Bible. We had also talked about our ministry experiences of listening to the guidance of the Lord in terms of conflicts and hardships. Some of our prayer requests were to listen better to the Lord’s voice.

Feb 8 : personal timeline

For Herve Talom, his prayer request was for his family’s health. In terms of his personal timeline, his important character forming decisions were from his mother and father as well as the Lord. For Samuel Song’s emotional needs, he needed peace of mind as he was struggling with time management. For his personal timeline, his main character forming decisions was when he chose to believe in God because of his own beliefs and not because of his parent’s. For me, I had explained my personal timeline to them both which involved seeing visions and having my prayers answered as well as defending the Christian faith in public against radical

atheists. My prayer request was for inner peace and to hear the voice of God. What I had received from this session was that the important people in all of our lives were our immediate family members who largely influenced our personal timelines.

February 15 What makes a good leader?

This week, we had discussed what constituted a good leader. Herve had said that a good leader must have a good character in terms of his mannerisms and personality as well as the tone of voice when he gives commands to others. Sam and I agreed that a good leader is a good shepherd, loving, slow to anger, patient, etc. Some of our prayer requests were to become a better spiritual leader for our churches.

Feb 22 : Calling

The main topic was discussing our callings. For Herve Talcom, he keeps a grief journal and prays for sensitivity for others as he is getting desensitized from his work load. For Samuel Song, his call was not clear, but in the end, he was inspired by his father to go into ministry. He is a good motivational speaker as a military chaplain, but he had admitted that there was some immaturity still instilled in him. His prayer request was finding a new home within the next two months. I had explained that my calling to ministry was to help the needy and the homeless. My prayer request was to be confident in my preaching. What we had learned was that although Christians are called by God, they should really check that calling once in a while to maintain and strengthen their faith.

March 1: Signs of Anxiety and Building Credibility

This class, Herve and I had discussed about how to discern the signs of becoming anxious. His prayer request was to make time for his family and to not be so serious all the time. We had both agreed that becoming anxious was a sure way to lose credibility as a spiritual leader in our ministries as we were supposed to be the calm and composed ones in the church. I had said that my signs involved a faster heartbeat, sweating, heart burn, etc. My prayer request was to be less anxious. What we had learned was that spiritual leaders needed to have a strong mental fortitude to build credibility.

March 8 Gender roles and Sexuality

For this week, the question was “how do we handle gender roles and the topic of sexuality within the church?” Herve had said that we need to be very sensitive about not bashing homosexuals for being sinful but at the same time we cannot yield on the fact that homosexuality was still wrong. I had also said that we need to embrace them and start slow and refrain from condemning them but try to understand their situation and allow the Lord to give us insight. His prayer request was to be more sensitive towards other people such as

homosexuals while my prayer request was the same. What we had received from this session was that loving our neighbors was the key to not succumbing to generalizations about them.

March 22: leadership defaults

For Samuel, he had said that his leadership default was performance because he is a natural leader and many expectations were placed on him as a pastor's kid. For Herve, he also had performance as his leadership default because he was pressured as a child to have good results in whatever he was tasked to do. For myself, I had explained to the others that I resort to technical solutions for my leadership default rather than relying and praying to Lord since I think logically. I also shared one of my wilderness characteristics which was that I want my students to have what I lack. My prayer request was to rely on the Lord more for my problems rather than trusting myself in some situations. What we had learned was that every leader had leadership defaults, some were similar and some were different.

March 29: How Talent is never enough

This session, Herve, Samuel, and I had discussed how our gifting is never sufficient compared to how important our anointing is. Herve even went a step further to propel the insight that even anointed spiritual leaders will fail without a good character in Christ. Samuel said that he prays for the leading through the Holy Spirit in terms of his anointing. This week we had closed in prayer and did not do prayer requests.

April 5: Fear

For this week, the question was "What does fear mean to you and how does God want you to step in love and faith to overcome fear?" Sam had shared that fear to him meant that people would not like him and that they will become disappointed in him for not meeting their expectations. For Herve, fear meant that he was spiritually dry and therefore read biblical verses which encouraged him. For myself, I had stated that I had a fear of conflict with others. The solution would be to love everyone whether they are a friend or an enemy. Our prayer requests were all related to overcoming our own fears with the help of the Lord.

April 12: How to Deal with Conflict

Sam and I had talked about how to handle conflict. Sam had asserted that "I feel that whoever I am trying to resolve a conflict with is pricking on my fears." He also had the habit of taking a defensive posture and thinking about his response while the other individual is speaking. I had shared how in ministry, many times I saved myself from exploding in anger by controlling my outward reaction to what the other individual is saying to me in a criticizing tone or using humor to diffuse the tense situation.

Signature(s):

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4/19/2023

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