

COURSE INSTRUCTOR: Dr. Robert Reimer, Professor of Pastoral Theology

SF770/PMN460 Soul Care

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Personal Reflection and Journal

Who am I?

My Spirit

I am the woman who is wonderfully made by God.

I am the woman who is KNOWLEDGEABLE about who my FATHER is

I am the woman whose heart is an object of thanks giving to the Lord

I am the one who loves God with all my heart

I am the one who is Willing and ready to follow God till the end of the earth!!!!

I am a brave fighter who is developing young soldiers for Christ.

I have faith that Jesus has a name for each and every unique member of His bride; in that name is their identity or a descriptor of their human spirit. When I combine the best of my human spirit with the Holy Spirit, similar to Dr. Sanders' description of Caleb's spirit and the white stone in Revelation 2:15, I believe this. I have been on this path for eight years, and I still see more of my name (CHIDOZIE VIVIAN MBAUKWU) and the meanings that it has in order for it to become a reality in my life. Because of the position of trust and security I bring to the table, I am able to invest successfully in those who are down with Jesus and those who are not yet down with Jesus. I am a heartbeat of vulnerability, which is another way to describe my spirit. I am extremely fast to speak up about certain aspects of my life so that others can start to open up, and throughout the past eight years, I have witnessed great moments repeatedly. I am a free lady! I lead a free life and did not let what other people think stop me from doing what God has put in my heart. I have been set free by Jesus from many things, including humiliation and the

spirit of greed. There is nothing I would not do for Jesus, and I encourage others to live out their true selves by walking in that fullness as well.

MY STRENGTH

I would start off with personal spiritual reflection by being honest with myself, God, and others about my thoughts, feelings, and struggles. I spent the most of my life looking for a method to properly connect with my spiritual side. I was raised Catholic, so I have always had a connection to christianity and spirituality, but I never seemed to be able to find the capacity to actually have faith and believe as I wanted to. I remember that even as a young girl , I always had reverence for my heavenly God. I prayed with my mother every night before we went to bed, and I typically cried out for his face when I had a request or was in need of help. The conversation also made it evident that I do adore God, which I have learned many things about faith within myself. I also understand that this component of who I am that is most internal may also be the most essential or spiritual. I thank God for what he is doing in my life for the past three years now; I started from asking him for comfort in America to loving and adoring him. I have developed an intimate relationship with God; I always have a quiet time with him, which consists of an hour twice a day, and after that, I will read my scripture for 30 minutes . Immediately I received the Holy Spirit; I chose Saturday to be my sabbath day. I am still asking the Holy Spirit to continue helping me with my day-to-day activities because I know it is not by my power but by the spirit of God, says the Lord, and I believe that God made me more prayerful and attentive to him. My life's ultimate goal is to praise, exalt, and glorify God. My ongoing mission is to worship God in spirit and truth now that my soul has been saved. And I always make it less about me and more about Jesus. One lesson I took from my soul care was to practice gratitude. Ever since I started, I have found that being grateful every day has made it easier for me to recognize the blessings I used to take for granted. I get a contentment from it that is independent of my circumstances. By cultivating gratitude, I am able to focus on God and realize His great sufficiency.

Currently I notice the brokenness in my life. God has separated me from the crowd (Nigeria) and led me to America, where he has shaped me and directed me to seminary college for kingdom service training. Since I came to America, my GOD has been so good and merciful to me and my family; coming to America has caused me to seek God's face as if there were no tomorrow; currently, I can say that God has used people like Dr. Rob Reimer to teach me how to hear from Him (GOD) through his book Soul Care and Upper Room Chapel. It was nice to be acquainted with the large number of individuals coming together for worship. Ultimately, through all these years, my trust in God and prayers to him have kept me going. I suppose that I was fortunate enough for the chance to be a part of the Youth for Christ community, because whenever I feel down I always recall the interactions that we had shared together. In addition, through the things I have gone through and experienced, I have been able to show God how much I cherish him. Integrity.

I cannot talk about integrity without me first of all fixing my character. I hardly paid any attention to how the house I have left behind so long ago might still be forming me since I felt the power of Christ could break any curse. Yet, the crisis showed me that in order for those old things to start dying, I had to go back and comprehend what they were. I was raised in a deceitful society. My great grandfather worshiped idols; their gods are liars. I killed my old self when I became a Christian. At times my false self has become such a part of who I am that I do not even realize it. The consequences of fear, self-protection, what to eat, a roof over my head is trying to take the precious time and relationships I have built with my God.

Choosing to forgive oneself and others for past hurts and offenses:

Forgiving myself can be challenging but it is important that I process for personal growth and healing. After I carefully go through the soul care book I began to acknowledge my mistake, since then I try to take responsibility for the mistake or action that I made in the past and seek forgiveness for. There are a lot of mistakes that I made in the past that are hurting because conscience is an open wound.

Steps to my self-forgiveness?

When I make a mistake or show weakness, I have a tendency to be hard on myself and blame it on my carelessness, negligence, or simple ignorance. When they are bigger, I tend to think back on my old limitations—the things I try my hardest to change but still cannot get the results are let go and selflessness. After seeing my limitations and weaknesses I realized I needed to forgive myself and accept myself for who I am. I have begun practicing self-compassion. I am learning to treat myself with kindness and understanding, just as I would do with a close friend. I always try to remember that making mistakes is a part of being human and that everyone has things they wish they could do differently.

Forgiveness.

In simple cases, I just let other people's transgressions slide or, to be more accurate, ignored and forgotten. I often harbor resentment and find it difficult to forgive myself when it comes to bigger things, especially when they are quite essential to me personally. I eventually come to accept those offenses as the result of the other person's imperfections and limitations and then forgive them for all of those transgressions.

Apologize and make amends: Every time I do something that hurts someone, especially my husband, I apologize and try to make things right. because my family is involved, offering settlements or taking steps to prevent the same mistakes in the future. Every time I pray this prayer honestly, God always brings to me the name of one person who is not pleased with me. I always ask God to remind me of the names of people whom I may accidentally injure, if I phone the person as directed, I would realize how much I wounded the person, and I would take the chance to make it right.

Let go of guilt and shame: Holding onto feelings of guilt and shame has been my problem and I have fought it by being patient and compassionate with myself as I work through the process of self-forgiveness. I seek the support of the Holy Spirit.

Practice self-awareness: My relationship with God and self-awareness are connected. In actuality, the conflict between accepting my "new true" self and letting go of my "old fake" self touches at the very core of my true spirituality. Without first understanding myself, I cannot profess to love God. Lack of self-knowledge and maturation are the root of all my issues in spiritual life. I try to let go of the negative emotions and focus on the present moment and be positive for a change. I try to use my time to reflect on my values, goals, and what is important to me. This has been helping me in making decisions that align with my personal desires and needs.

Meditation

I frequently experience the most difficulties and setbacks when I try to practice solitude and stillness. My mind seems to be somewhere else all the time. I have trouble focusing. Every time I meditate, it causes me to become distracted. I've been asking the Holy Spirit to support me in my prayers. I have been struggling with the spirit of diversion for several months.

I perceive my weakness in the area of courage and the two of my main hindrances to moral courage are my fear of the consequences and wrong obligations. I am always afraid of the future forgetting that the Bible tells us not to think about tomorrow. Tomorrow will think about itself.

Dark period (waiting period).

In the past, I discovered I had the ability to see dreams. During December 2017. I had a face-to-face encounter with Jesus while I was still in my trance. And He told me, "I am the king of kings, (three times), and if you honor Me, I will deliver you. This morning, I found courage, assurance, and hope while reading my journal. I have had the impression that my father has abandoned me for some time now. I clearly recall that I did not want to enter into the ministry. Because I am not an eloquent speaker. Right now I am waiting for His promises to fulfill in my life. He has directed me on the kind of ministry He wants me to run in quotes "Dinner Church". I

have started the process. I just received my New York State license for faith and life revival and FLRI charity organization. I believe with God all are possible.

In conclusion, my vision for the future, my knowledge, the wisdom I have gained over the years, and the education I'm gaining all contribute to this goal. I would always make it more about Jesus and less about me because when Jesus appears, his kingdom comes, but when humans appear, nothing happens. Being in tune with oneself and with the Lord and being able to be a good listener. I have come to realize that I hear when I am listening very attentively, I have also come to the realization that the Lord is constantly talking to those who listen. Improving my listening skills has been one of my greatest accomplishments towards spirituality.