

## Personal Assessment & Goal Setting

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My experience on this course of Spiritual Formation has impacted my life in a deeper and transforming way. I praise God; Father, Son and Holy Spirit; who have given me the opportunity to go and learn in different areas such as social, physical, cognitively, emotionally and spiritually.

**Socially**, I understand that we need to transmit a missionary thinking as Eddie Gibbs said “...The day of the “mission out-post” has come!<sup>1</sup> I strongly agree with Dr. Waldborn as he affirms what the concept of “The Call” means; written by Os Guinness.<sup>2</sup> Our Primary Calling is to someone. I have been called by God, I have been called by Jesus, I have been called by Him to be the daughter that He needs to communicate and teach the “Good News of God’s Kingdom” As I understand the meaning of my primary calling, my heart is reviving a spirit of obedience to share Jesus in love, avoiding rigid conservative formats. Thinking and praying I had received a vision as I was sleeping while attending this course. He said: **“I want you to talk about me with God’s love in my Spirit.”** God wants me to continue being bold, but in love. I have also been called to intercede in prayer for our leaders at church and community in a more disciplined way.

**My goal**, is to get the empowerment of the Holy Spirit to see miracles and a revival in my family, church, and neighborhood. My goal socially and relationally is to be able to speak in love and wisdom with relatives and friends. I am planning to use cards to remember the verses in the Bible as I speak with believers and unbelievers. I am going to categorize words that describe: love, joy, peace, **forgiveness**, (patience, kindness, goodness, faithfulness, and

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<sup>1</sup> Eddie Gibbs, Fuller Theological Seminary

<sup>2</sup> Os Guinness, The Call

self-control). I want to refer to them as I pray for the person and he/she returns to God or grows deeper in Jesus and the power of love in the Holy Spirit. Example:

<p><b>Love</b></p> <p><b>Note: I</b> will use the pronouns <b>I</b> and ask the other person to use <b>I</b> as well.</p>	<p><i><b>1 John 4</b> Everyone who loves has been born of God and knows God. <b>Whoever does not love does not know God, because God is love.</b></i></p>
	<p><i><b>I</b> know love then I know God. If <b>I</b> don't love God, <b>I</b> don't know God, because God is love.</i></p>
	<p><i><b>John 3”16</b> For God so loved the world that He gave his one and only Son, that <b>whoever believes in Him shall not perish, but have eternal life</b></i></p>
	<p><i>For God so loved the world that He gave his one and only Son, that <b>if I believe in Him I shall not perish, but have eternal life.</b></i></p>

**Physically**, I have not been doing pretty well physically, but I have problems with my cholesterol as well as family anxiety issues. My problems with cholesterol have been for many years, using diets on and off. Fasting and praying christian programs in different ways, but I have not been successful up to this point. Praying the Holy Spirit has put me to start -intermittent fasting approach, changing my way of taking my thyroid medication (Levothyroxine) in the evenings; this way I can avoid binging after my dinner. I believe that I will be faithful with the power of the Holy Spirit to walk four days a week minimum.. I'm definitely going to eat more vegetables on a daily basis, through reminding myself of my commitment to Jesus' presence next to me. I know that this can lower my cholesterol. My anxiety problems can be minimized, by spending and expanding my prayer and time with God. I am going to start using the chart Dr. Walborn has shared “The Time Management Matrix”<sup>3</sup> using my important priorities to the least important ones.

<sup>3</sup> Dr. Ron Walborn, *The Time Management*, “Team Building and Delegation”

**My goal physically** is to walk at least three miles four days a week and increase my intake of veggies. To minimize my anxious moments I am going to be using confession christian word-cards and repeating them over and over through whatever comes into my daily life and disturbs my spirit and mind.

**Cognitively**, I am developing my mind closer to God in a way that I desired to do, for many years as a student at the Alliance University. I am so blessed and thankful to the Lord that finally opened the doors for me to continue my education in Biblical Studies. Pastors at church and on Youtube were not teaching me anything new. I felt stuck in my spiritual Biblical growth. The Lord knows his time and way as I have been leading a Zoom Bible group on the internet. A sister in the faith recommended me to pursue studies at Nyack College, since she noticed my love for people and desire to share the scriptures. First, I have learned to differentiate our primary calling then our secondary calling and how vital it is to answer and open our hearts to God who said, **“I am who I am,”**. Second, understanding that we are not followers of a Bounded Set of rules and regulations, but we need to have a Center heart in Jesus to be his followers. In life we can be followers of God as in the “Tale of the Three Kings” Saul or David, both chosen by God, both were anointed by Him, but both had to learn to humble themselves to a God who directs and is in control of the whole universe. The God who knows the destiny of everyone's life. How important it is to have a ‘Center Life in Jesus.’ The teachings of Dr. Wanda Walborn in her book has opened my understanding of embracing a spiritual disciple of God’s presence invading our moment through cleaning, renewing, comforting, teaching and encouraging us in order to be successful in our daily lives.<sup>4</sup> I have grown knowing the disciplines and choices as a follower of Jesus, but Dr. Wanda Walborn reminds us about chastity, in order not to have sex for

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<sup>4</sup> Dr. Wanda Walborn, *Spiritual Journey, Can I really Get Close to God.*

a certain period of time, fasting, refraining from food or water for a period of time, and frugality by doing things inexpensively. She even mentions martyrdom being willing to die for Christ. poverty, submission and simplicity. Reading the Bible, memorizing scripture, prayer and worship which helps our growth in our Lord Jesus. I want to have her book close to me as a manual and reminder of who I am in Christ.

**My goal cognitively** is to finish my MA Biblical Studies and I have decided to re-read and read books that would help me to enforce my path with Jesus. I also desire to grow in my walk with the Holy Spirit through prayer and serving others in love. I believe in the Holy Spirit sanctification and empowerment in me and bring my reading into actions as Jesus desires me to walk on earth.

**Emotionally**, I had counseling sessions with Rosemary Decio at the Ridgeway Church in White Plains. I met her through my pastor's recommendation. It has been amazingly helpful and successful. It has brought my husband and I to the decision of being part of the Marriage Couples at church. My counselor has helped me to move on from my sadness and depression in feeling a defeated mother to my daughters. Both of my daughters don't want to hear anything about religious christian words, they enjoy nature and help their neighbors through their careers. The older one is a nurse and works in a private clinic that helps people with lower income, especially immigrants. My second daughter is about to get her master's degree in Social Work and she is very involved with groups that follow 'social justice' especially immigrants and income lower class citizens. My two daughters used to participate in mission trips through church. Mrs. Decio has helped to strongly rely on the work of the Holy Spirit in my daughters

through prayer, faith and patience. She also has helped me in the power of forgiveness and faithfulness of God's love to myself and others.

According to Dr. Walborn, Christians, "we are all called to love our neighbor because "we all are at the same level at the foot of the cross." I believe that Jesus has his plan, time, and way to bring my daughters back to Him as He says in Isaiah 55: 8-9

**My goal** is to learn to trust the Lord regardless of my daughter's choices and actions. I am determined to wait in His Spirit in love. I am determined to be a witness for Jesus on Earth in love for my extended family, friends and people through the presence and power of the Holy Spirit. I will prevail in my transformed heart as a follower of Jesus to the glory of my Heavenly Father.

**Spiritually**, my walk with God is like a line going up and down, but every time is higher



and higher until I'll reach heaven. I look forward to having deeper intimacy with God to a level that I won't feel ashamed of my downs and be wrapped in his love of grace on my ups. A few months ago while remembering the suffering I went through growing up, the Lord gave me a dream vision. I was looking at a beautiful blue sky with few clouds, all of the sudden I saw a red heart appeared held by two light brown hands. I woke up and felt so loved by my Trino-God through this vision. Then, I knew I got healed from my earth parent's wounds. I know I am a warrior for the Kingdom of God in the power of God's Spirit to testify about his great love for people.

As Dr. Walborn says “Emotional or Inner Healing is the application of the Gospel of Jesus Christ and his healing power to the root memories and/or wounds of our past. It allows us to experience God’s grace and mercy at the core of our being, rather than dealing only with surface and/or symptomatic issues.”<sup>5</sup> which is significant because I am continually healed by the grace of Christ in my inner spiritual walk.

My Spiritual walk with God has grown deeper now than ever before. I grew up knowing and respecting God the Father, knowing that Jesus came to save us, who lives in us through the Holy Spirit in our hearts. In Peru during dealing with college peers I learned through Samuel Escobar, a Baptist pastor. We are realistics! Those wisdom words saved me from turning into a superficial religious person or materialistic one. For many years my God has been a God of the impossibles through receiving Jesus as savior and living for Him. Today, my goal and relationship has grown deeper through understanding the power of the Holy Spirit in me and pursuing my sanctification and empowerment for God’s glory in the salvation, sanctification and empowerment of my brothers and sisters through the Holy Spirit. So, we can be transformed in the image of our Lord Jesus to share the Kingdom of God, for the glorification of our Heavenly Father in Heaven.

**My spiritual goal**, at this point, is to grow in the knowledge of his word, grow in the sanctification, holiness and empowerment of the Holy Spirit to bless my brothers and sisters in my close and extended family, the church and community. I am praying for direction on what HE has in mind for me. as group leader or with children’s ministry during my last days or decades on earth.

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<sup>5</sup> Dr. Ron Walborn, “*Emotional Healing*”, Alliance University YouTube video

