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Soul Care
Personal Development Plan

I personally have grown in a way where I am understanding that I need God in everything that I

do, because if I don't have him, I feel like I am not organized like something is missing. I

also understand that time is very important, however and whoever I spend my time with

is very critical, and I have lost a lot of time and I don't plan on wasting more, but rather

using it to deepen my relationship with God and also take my focus off of worthless things.

I have learned much this semester, especially about the power of baptism, it was like a

wake up call, saying you can get more from God if you desire to, and can continue to

seek after the face of God and not stay on the level that you're at, where you feel stuck,

like you're not hearing the voice of God. The one thing that I really stands out, is action,

start taking action if you want results, I think my actions haven't been where I want it to

be, I feel like I haven't been hungry enough. While reading these books I could do a reflection

of myself, and I am not too satisfied, almost like I should demand more of myself. God has

met me through other people giving me messages of what I need to change, certain habits

that need to leave my life, or answers that I needed and was trying to solve and all of a

sudden I'd get a call about that issue, and the person would tell me no this isn't the right

Way, and I'd feel complete peace about it, and it's not just that, it's also warnings and things

That may harm me, that I have to get away from. I remember getting a phone call from my

Girlfriend who lives in California, about certain things the Lord showed her that I was

Going through and also certain dreams that God showed her about my life and future and

It made so much sense. One in particular had to do with me praying for a girl that was dead

And bringing her up to a rock and laying her there, having escaped police forces; suddenly

The girl came back to life as she lay on the big boulder. It's things like that, that make me

Realize that although I think I am alone, I am really not because God speaks at all times. The

Areas I believe I can certainly improve is being discipline with quiet time, and I have always

Desired to have the word of God open before me, for longer than 30 minutes. There were

A few times when I spent about an hour or two, but with my schedule I am finding it quite

Difficult to do that. God understands all things and through him we move and have our

Being, and I know he gives us the grace and strength to accomplish what we desire and

Most importantly what pleases God. So, I am inspired to call on his name, one verse that

Inspired me the most during this semester is from Psalm 50:15 it says "call upon me in the

Day of trouble; I will deliver you, and you shall glorify me." I highlighted this scripture

And have reread to myself to stay in the spirit. I discovered this scripture in one

Of my favorite author's book called "a divine revelation of the spirit realm"
by Mary

K. Baxter. If there's something that sometimes bothers me that's a soul care
issue is

Not doing what I say, often times I haven't been quite faithful with that, and
people say

That you can evangelize by going on streets and telling people about Jesus,
but I

Remember Billy Graham say the way you live is better evangelism, because
people

See what it looks like to really be a child of God. There was time when I'd be
late

Going places and I thought to myself, that's not a good look, because
whenever

I tell them they should be on time, whether it's for a party or church, they
would

Tell me "well you don't come on time either". I have also heard side
conversations

Of people at work who talk amongst each other about workers who come on
time and

Workers who are late, and I am thinking to myself, "what do they say about
me?" so a

Lot of times it's not telling people about Jesus that's evangelism it's living
the way a child

Of God should be living, to be honest and obedient. And boy that's not an
easy thing to do,

So I am learning daily to talk to God about small matters and big matters,
wherever I find

Myself. This might not be talked about among men often but the area of lust
is huge, that's

Another soul care side for me and I know for a lot of other Christian men and
women also. I

Have struggled sometimes over glancing at women over my phone, and I
would find myself

Saying "God please give me the strength and forgive me for looking at that."
And I know that

The mind is very powerful we think something and then the war is whether
we will act on

It or not. I would get all kinds of thoughts of lust; this came especially when I
grabbed my word

Trying to spend time with God, but it appeared in different forms too,
sometimes during the

Day when I am at work or doing another chore, I used to challenge the
thought and speak against

It in Jesus name right away. But the enemy is so sneaky, I use to be heavily
into pornography,

And God removed that from my life, but there were times when it'll appear,
at times during my

Sleep, or some would say "having a wet dream" but I didn't necessarily see
or feel a wet dream,

But I was tempted and once even had sex in my dream. I recall waking up
and when it came

Back to my mind later in the day, I started rebuked it and asking God to
forgive me for that. I

Mean it's not something you can write, especially a dream you know? It just
appears and you

Have to apply the blood of Jesus against it when it's over, and that's exactly
what I did. But I

Did feel a sense of guilt and not being holy before God after that. But God
gave me grace,

And that dream never appeared ever again, it was some sort of a soul-tie
that the devil

Wanted to put on me, but thank God for deliverance, for salvation. He
answers his people

When we truly cry out to him. The bible says that his ear is not short to
deliver and neither

Is his hand too short to save. I believe God is taking me into a new realm in
my walk with him

And I am trying my best to stay humble, to be obedient, to trust him, and to work with the little

That I have, so God can trust me with bigger opportunities that are yet to come. The three things

that are soul care areas for me would be overcoming lies, repenting from sin and healing

Wounds. This is what stands out to me the most, because as I read through the book, I have

Understood just how blinded we can be, because each and every single day we make decisions

But some of the decisions may not glorify God and yet we continue to do it, it means we are

Living a lie. As I read the soul care book many questions rose in my mind about faithfulness, living

A pure life before God and people, being able to discern between right and wrong. Also, my

Prayer life right? How can I increase in my prayer life? I like being an overachiever, but I also

Realized the importance of step by step. I have learned the power of reading books, and

Praying through what you read, this is something very vital that I personally believe God

Thought me. Not just to read the word of God but to pray the promises of God over myself

And any other prayer request I have. The Lord hears and he will answer to those walk in

Holiness before him. I realized that there's plenty and I want to emphasize on that; plenty,

Of suitcases that haven't been emptied but yet we are believers. I really believe that God

Called me and many others to a life of freedom, but yet some of us, because we are not

Living right before God we suffer unnecessary things and call it "God's will" and it might

Not be, it's just bad decisions, how about that? I realized just how much of a liar Satan is

And how he slowly introduces you to something that appears godly but it's demonic, it's

Destructive. Through this course, I have placed an emphasis on praying for the wisdom of

God and praying for discernment. In the next 12 months I plan to commit everything into

The hands of the father. There's one scripture that the spirit of God is placing in my spirit

As I am typing and it's coming from proverbs 16:3 "commit your works to the LORD and your

Thoughts will be established." I plan to commit all my thoughts to God, only because the mind

Is very important, and the bible mentions that "as a man thinketh so is he". I also plan on praying

A lot of prayers of repentance, this is something I actually wrote down in the middle of the

Semester, and the book that inspired me the most is the book of Daniel. Daniel prayed prayers

Of repentance for himself and Israel, for not obeying the commandments that Moses gave at

That time. I plan to use that as an example more and more. I sense the connection in the spirit

When I pray the scripture, with the word open in front of me. I plan on highlighting passages

That stand out to me, thank you Holy Spirit; and quoting them out loud to build my spirit man,

To get stronger in the Lord, it's also a desire of mine to get closer and closer to God and to

Encounter God in a different fashion, but God made it clear through a dream that I must

Continue to be obedient. A lot of times we rush to God only when we have a problem, but

I plan on waiting on God practicing to be still before him and waiting to hear from him, I have

Heard this before many do devotional to read the bible or to listen to worship songs or

Contemporary songs, or watch sermons, all that is good; but have you ever just had your

Bible in front of you and said nothing, but just waited to hear from God for about two hours?

A man of God I heard once on one of my favorite TV shows, said he sat there for eight hours

And said not a single word, and he thought God was absent because he didn't hear nothing, and

Suddenly after he got a little frustrated...God spoke and told him he hasn't enjoyed time like this

For so long! This is what I look to get into the next twelve months by the grace of God. The bible

Says "Faith comes by hearing and hearing by the word of God" and we can hear a sermon or

Someone speak to us encouraging words that can lift us up, but I plan on speaking over myself,

For myself to hear until the promises of God are fulfilled in my life. The bible says in 2 Chronicles

7:14 "If my people who are called my by name, will humble themselves pray and seek my face,

Then I will hear from heaven, forgive their sin and heal their land." I remember listening to Myles

Monroe saying that humble also means fasting. Also, when we pray we tend to ask God for what

We need, but in the next twelve months I plan on declaring things into life, just like God

Did in the beginning when he created the world. I believe those two things are different, there

Are certain things we don't need to pray about, but instead declare and command them to exist.

This might be out of the picture, but I have also cared a lot about what people thought and it

Has affected my faith, because what I tend to do in my house, I am not so keen on doing that

Outside; Things like reading the bible in public, I'll be honest I much rather carry my phone or

My tablet to do that, because I don't want people asking me any questions or just asking about

My faith, this is something I have struggled with, but when people ask me, I tell them I am a

Christian. So, I plan on asking God for the spirit of boldness, yes Christ lives in me the hope of

Glory but the word also says that if we ask, he will give us the spirit of boldness. It says in

Acts 4:31 "Now Lord look on their threats, and grant to your servants that with all boldness

They may speak Your word." When your prayer life is weak, your spiritual is certainly be weak

Also, so lately I have spent much time writing my prayers, and just journaling my journey with

God, and this has helped me psychologically. I have a dream journal, and I haven't recorded my

Dreams in a long time but in the next months I plan on writing everything that God shows

Me through dreams, except for pizza dreams, I will not record pizza dreams, that means dreams

That are not biblical, dreams that have no meaning. I want be able to revisit my dreams in the

Next twelve months and see how God is guiding my life, and if I am growing or staying stagnant.

I do not plan on being frozen but moving forward in the Lord and using my experience to help

People be set free from addictions, and all kinds demons that have taken control of people's lives.

One of the lies of Satan I'd say that has affected me the most these past few years, is over-eating,

Eating all kinds of Junk food and being a little over my weight, so I plan to honor God with the

Way I eat, because this is very important for ministry and just life in general. I want to be healthy

For where God is taking me. So, I plan on being very selective in what I eat and journaling things

I should eat daily so I can keep up with my daily regiments. I bought a fitness planner for this.

Another lie is spending money without any limit, so by the grace of God I also plan on placing

A limit on that and if God permits get a financial advisor to guide me in my expenses, and to

Also help me out I bought a budget planner. By the grace of God in the next twelve months

I plan on being a different man, mentally, physically and spiritual, not just for myself but to

Glorify God and to honor those around me, because I also represent the family of God, and

I want to make sure that my life speaks for itself more than what I say. I recall God warning me

A couple years ago about masturbation, it was a struggle in my life, I used to masturbate two

Or three times a day, and watch porn, very graphic, and I use to repent of that and then

Get back into it, but the biggest struggle currently is lust, and at times I don't look for it but

It comes, either through a stranger trying to show me something on his phone or tell me a

Story that will elicit those thoughts, this happened to me at one of my old jobs, a man cheating

On his wife showed me the photo of the girl he was talking to who would send him pictures, but

He changed her name on his phone to “John” so she wouldn’t know he was cheating. This made

Me realize that I don’t want to end up like that, because thoughts turn into habits, and then

Habits become a part of your destiny. We live in a culture where nudity is exposed everywhere,

And in the next twelve months I plan on surrounding myself with biblical men, and sharing

Things about our current lives and praying for each other because that’s something I have been

Missing. Often times I have seen women, lusted in my mind, but then repented right away, and

Just praying “God I can’t, help me.” This course has renewed my strength and I plan to continue

Soul care beyond this class.