

Reading Report #5

Spiritual Journey / by Dr. Wanda Walborn

Name: Chase Barbe  
Campus Location: ATS/NY City

Course Title: Personal, Professional, and Theological Foundations For Ministry  
Course Number: SF505  
Semester & Year: Spring, 2023  
Professor: Dr. Ronald and Wanda Walborn  
Date Submitted: 6/2/23

Dr. Wanda Walborn's book titled "Spiritual Journey," gives the reader an insightful approach to answering the question, "Can I really get close to God?" Dr. Walborn invites us on a journey by first bringing God's love to attention and how vital it is to one's spiritual life. The book then takes a fresh look at the spiritual disciplines as "a means of grace whereby we come to God to seek greater intimacy with Him."<sup>1</sup> In each chapter, Dr. Walborn presents the reader with "Mirror Moments" which allows time for reflection and introspection. By slowing down to evaluate one's life with God through well-placed questions, prayers and journal time, the Spirit of God is given space to do some surgery on the reader's soul. For those who are truly desperate for more of God, this book gives the roadmap to find more satisfaction, but it exacts a price.

In my life, I have a tendency of being deceived with legalism and perfectionism, so this book was necessary to realign my motives. The question "Will you let me love you?"<sup>2</sup> hit home because it became apparent that most of my days I was striving after God's love instead of surrendering into it. With this revelation in mind, there was a deep sigh of relief in my soul as I continued to read. "Accepting God's gift of love is the easy part. Living in that love is a discipline. We will have to fight through doubt until our experience matches our knowledge that He is with us and for us and on our side."<sup>3</sup> This truth allows me to give myself some grace along the journey. I have a bad habit of judging myself harshly for not matching my experience with the knowledge of God's love. If this is true about myself, I most likely have been too harsh towards other Christians as well. It is my responsibility to take what I've learned and teach others the truth about God's love and approach people with the same grace He has given me.

---

<sup>1</sup> Walborn, Wanda. *Spiritual Journey: Can I Really Get Close to God?* Franklin, TN: (Carpenter's Son Publishing, 2020), 34.

<sup>22</sup> Walborn, Wanda. *Spiritual Journey: Can I Really Get Close to God?* Franklin, TN: (Carpenter's Son Publishing, 2020), 32.

<sup>33</sup> Walborn, Wanda. *Spiritual Journey: Can I Really Get Close to God?* Franklin, TN: (Carpenter's Son Publishing, 2020), 34.

Too often I feel a lack of peace, joy and love towards myself and others which leads to frustration and concluding that there is something wrong with me. It was only a few days ago that through community and being vulnerable with trusted friends, I came to the revelation that the statement, “something is wrong with me” was a root lie in my life. I could now see how this single lie came about in my childhood and currently plays a major role in my life. When I got to the chapter that talked about shame, the Holy Spirit brought further illumination. Shame “carries both the feeling and belief that something is innately wrong with me; therefore, I will never quite belong. I am in attendance, part of the group, and even well liked, but always present is the underlying sense of being different.”<sup>44</sup> It seems like I’ve always had this desire to belong but struggled with feelings of loneliness and rejection even within the Church. These few pages were describing my pain perfectly and the source of it all was shame.

I totally agree with Walborn’s description of the shame cycle because I’ve lived it. It is shame that triggers emotions of disapproval or inferiority. Then comes the self-judgement and perceiving judgement from others. Quickly followed by immediate withdrawal from social situations that usually involves praying desperately for God to alleviate my suffering. It becomes too overwhelming to deal with that I disconnect from self and others to ultimately “escape from the pervasive feelings of disapproval, worthlessness, and inferiority.”<sup>55</sup> This then leads to isolation because I’m just too weak and ashamed to call myself a follower of Jesus. I always knew it was spiritual warfare but now I understand the enemy’s tactics more clearly thanks to this book.

I look forward to finishing the rest of the book in the next few days leading up to the Camino trip.

---

<sup>44</sup> Walborn, Wanda. *Spiritual Journey: Can I Really Get Close to God?* Franklin, TN: (Carpenter’s Son Publishing, 2020), 71.

<sup>55</sup> Walborn, Wanda. *Spiritual Journey: Can I Really Get Close to God?* Franklin, TN: (Carpenter’s Son Publishing, 2020), 73.

With integrity, I have read this book (circle one):

Thoroughly and Entirely\_\_\_\_\_%

Quickly but Completely\_\_\_\_\_%

Thoroughly but NOT Entirely\_\_\_\_\_%

Quickly and NOT Completely\_\_\_\_\_%

Not at all

Signed: Chase Barbe

Bibliography

Walborn, Wanda. *Spiritual Journey: Can I Really Get Close to God?* Franklin, TN: Carpenter's Son Publishing, 2020.