Women of Africa Care Pty Ltd

WOAC On Air – 30 June 2022

Inspiration brought by Ruth, Carina, Nadine and Angelina

Episode 5 – Importance of Self-Reflection + Submission

What is self-reflection? Connie Habash https://thriveworks.com/blog/importance-self-reflection-improvement/

"Self-reflection is a skill; the ability to be aware of yourself. It is a particular kind of awareness that is applied to yourself on many levels:

1. Physical
2. Mental
3. Emotional
4. Spiritual

With self-reflection, we look at ourselves with interest, curiosity, and inquiry, particularly when exploring our thoughts, behaviours, and emotions Self-reflection is an essential skill for personal growth. Without it, we walk around unconscious and often reactive to others and even our own selves."

Personal perspective – How important is self-reflection to your personal journey of life?

Carina – "It is very important to reflect on myself to identify what are the dos and don'ts so that I grow and help others"

Ruth "Self-reflection is how to grow daily, to recognise what is in you to improve, to recognise problem areas in yourself examples "self-esteem, spiritual maturity" where you need to develop

What is self-reflection?

Nadine "Self-reflection is to show you where you come from and where you going to. When you self-reflect you can see that even though you had challenging times, now that you don't have those challenging times you look back….and you realise how overcoming those challenges has changed you and formed you into the version you are now and how it has taught you how to address life's issues." Motivational factor - your past challenges overcome is a good way to motivate you in current circumstances and also a humbling process.

Angelina "Self-reflection influences you; you cannot influence others if you cannot influence yourself."

How do women handle submission, whilst being in authority in their vocation?

John Bevere “To be in authority, you have to be under authority.”

Angelina “In the past when women were marginalised, they naturally submitted to authority as an “inferior role” but now that they are given platforms of leadership how do they embrace submission as leaders – having a 9-hour day of being in authority in your vocation, re-aligning their position of submission in their home and in church, is submission a challenge?

1 Corinthians 11-10

For this cause ought the woman to have power on her head because of the angels.” Paul when addressing women to cover their head, he is referring to submission to spiritual authority – whilst we do not literally put a covering over our heads we must submit to divine authority in the home (husband), authority in the church, and the governments and all authorities over us, in that divine authority is for our protection.

Romans 13.1-7
“Everyone must submit himself to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. Consequently, he who rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves. For rulers hold no terror for those who do right, but for those who do wrong. Do you want to be free from fear of the one in authority? Then do what is right and he will commend you.
For he is God's servant to do you good. But if you do wrong, be afraid, for he does not bear the sword for nothing. He is God's servant, an agent of wrath to bring punishment on the wrongdoer. Therefore, it is necessary to submit to the authorities, not only because of possible punishment but also because of conscience. This is also why you pay taxes, for the authorities are God's servants, who give their full time to governing. Give everyone what you owe him: If you owe taxes, pay taxes; if revenue, then revenue; if respect, then respect; if honor, then honor.

Hebrews 13:17 ESV
Obey your leaders and submit to them, for they are keeping watch over your souls, as those who will have to give an account. Let them do this with joy and not with groaning, for that would be of no advantage to you.

1 Peter 2.13
Be subject for the Lord’s sake to every human institution, whether it be to the emperor as supreme,

or to governors as sent by him to punish those who do evil and to praise those who do good. For this is the will of God, that by doing good you should put to silence the ignorance of foolish people. Live as people who are free, not using your freedom as a cover-up for evil, but living as servants of God. Honor everyone. Love the brotherhood. Fear God. Honor the emperor.

Exodus 22.28
"Do not blaspheme God or curse the ruler of your people.”

Introducing WOAC 40-Day journal guide

Angelina’s personal success through journaling through self-reflection

I was inspired to journal my attitude, actions, and emotional state by way of introspection; and this journaling became my blind spot mirrors to help me avoid recurrence of failures. My personal journaling entailed self-reflection on personal aptitude, character, spiritual, emotional, social skills, and physical assessments, and in doing so I identified many important aspects that I was negligible with, which caused an avalanche of loss. Some important elements I was negligible with were:

1. Time – I neglected the value of time I had at my disposal.
2. Self-Importance - Self-worth, self-identity, self-integrity, and self-respect.
3. Emotional Intellect- Overwhelmed by identity issues I surfed through emotional instability and relational dependency, and drowned many times in pain, hurt, offence and bitterness and I neglected all other needs that were of key importance for a fulfilling lifestyle.
4. Selflessness - Evening though I know serving communities (acts of serving makes us strong and energetic and keeps the heart good; and free from selfishness, arrogance, victim mindset and pride) is necessary, I became self-focused due to lacking emotional and relational fulfillment, that I became selfish, arrogant, and ugly focusing inwardly and having no compassion for others. I was an unpleasant person to be around.

Personal journaling helped me gain perspective, and it corrected my thinking, and addressed bad behavior, and helped me improve in aptitude. Journaling prompted me to place boundaries in place so that I never cross the borders of progress into failure ever again. Some of the benefits of my personal journaling are shared here. Journaling helped me identify areas of human dynamics that I neglected, which needed attention for a balance life, so I made the decision to become aware of my human needs and they are as follows:

1. My basic security needs are food, shelter, safety and clothing.
2. To maintain a good perspective in life I need healthy relationships, so that I am affirmed and loved (not abused and rejected).
3. I need intellectual stimulation to have a purpose in this life,
4. Importantly I need inner peace and joy which can only come from spiritual fulfillment.
5. I realized that aesthetic care is necessary to boost my self-esteem and personal image and have youthfulness as I age.
6. And lastly, I recognized that I really enjoy empowering others, and inspired by the late Princess Diana of Wales I too want to make the world a better place for others to live in– I, Angelina want to leave a good legacy based on Godly values.

When I became aware of these human needs and aspirations, I started feeling great and recognized I have a purposeful life, to translate these needs into actions, I started developing personal measurable goals.

Next 6 weeks we WOAC On Air will be covering self-discovery through journaling. Topics covered in the next 6 weeks will cover aspects covered in the 40-day journal guide relative to each week's journaling areas,