

Self-Growth

BLOSSOM IN YOUR LIFE

The C + K Corner

By: Chelsea Alberastine (Grade 12) and Kelsey Geotina (Grade 10)

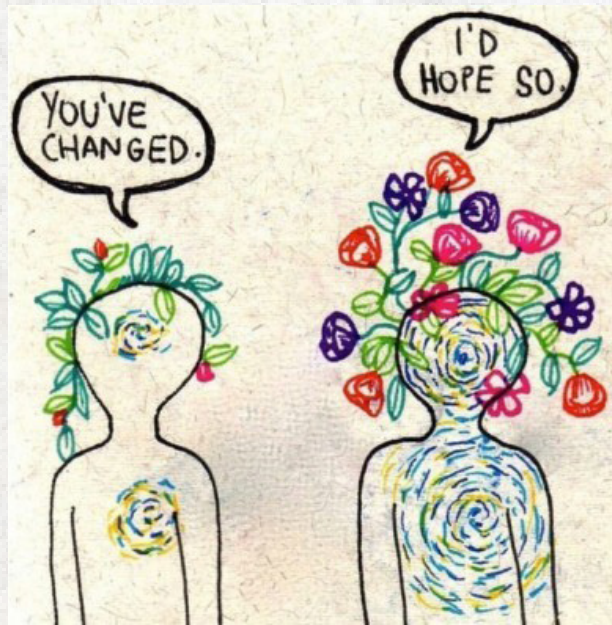
We all know that God is with us and always has been, and we know that growing spiritually can lead to a very healthy and loving relationship with Him, but the question is: *how* are we able to grow with Him? Today in our article, we will be talking about how you can grow with God and build a stronger relationship with him every day.

Spiritual growth is the process of becoming more mature in one's relationship with Jesus Christ. Someone who grows spiritually will become more and more like Christ. Spiritually mature people will be able to "distinguish good from evil" (Hebrews 5:14). Spiritual growth begins at the moment when a person comes to faith in Christ, and continues until a person enters the presence of Christ after this life.

Here are three essential steps to move you forward in the direction of spiritual growth. Although they are simple, they are vital to building your relationship with the Lord:

Step 1: Read your Bible daily.

Possibly the most important activity in Christian life is to spend time reading the Bible every day. The Bible contains messages of God's love and hope for you. The clearest way that God will communicate with you is through His words in the Bible. It's important to develop a plan for reading the Bible that's right for you. A plan will keep you from



missing anything that God has written in His Word. Also, if you follow the plan, you will be on your way to reading the Bible once a year. The easiest way to truly "grow up" in faith is to make reading the Bible a priority.

Step 2: Meet together with other believers.

The reason we attend church or gather regularly with other believers (Hebrews 10:25) is for teaching, fellowship, worship, communion, prayer, and building up one another in the faith (Acts 2:42-47). Finding ways to participate in the body of Christ is essential to spiritual growth.

Step 3: Pray daily.

Prayer is simply speaking to God. You don't have to use a lot of fancy words. There are no words that are right and wrong. Just be yourself, man. Give thanks to the Lord every day for your salvation. Pray for others in need

of it. Pray for direction. Pray for the Lord to fill you with His Holy Spirit every day. There's no limit to prayer.

Science with Dafydd

By: Dafydd Ellis (Grade 10)

Have you ever wondered how our brains work? Like, how do our brains store information with just brain cells? First, let me tell you what our brain is made of. The brain is made of small blood vessels and soft tissue, having nerve cells and non-neuronal cells. The brain is 60% fat. This fat is called Docosahexaenoic acid or DHA. Now that you know your brain is made of, I still haven't answered the question of how our brains work. Our brains have this structure called the thalamus, and its purpose is to take the information from sensory nerves and relay the info to the rest of the brain. Your brain is extremely complicated; scientists to this day still have incredible amounts of studying, tests, and experiments to do to understand the brain. Only God fully knows how the brain works, and I don't think that we have the mental ability to fully understand the brain.

Sources* on Page 3.

The Farmers' Protest

By: Khushi Gill (Grade 12)

The 2020-2021 protest by Indian farmers is an ongoing protest against three farm acts passed in September 2020 by the Parliament of India. Farmers' unions and their members have requested that the act be abolished and that nothing short of it be recognised. Since November, tens of thousands of peoples have

been living in tents on the highways outside the capital of New Delhi. Large barricades have been set up by the police, topped with barbed wire that stands a few hundred meters from the camp. The barricades have prevented the farmers from getting closer to the centre of Delhi. Farmers are protesting against new agricultural legislation passed last September, which they argue would devastate their livelihoods. The government says the reforms are important to modernize the agricultural industry in the country. The protests do not appear to be ending any time soon, with talks between the government and the farmers' unions at a standstill. Under previous rules, farmers had to sell their products at auction at the Agricultural Produce Market Committee of their state, where they were guaranteed to obtain at least the minimum price decided by the government. There were limits on who could purchase, and for basic goods, prices were restricted. Modi says these new rules gives farmers more freedom to do things such as sell directly to buyers without a middle man, and sell to other states or large grocery chains. In November, tractors conveyed from around India; infuriated farmers drove to set up several blockades on the borders of New Delhi. Thousands marched to the city from other neighbouring states, where violence soon erupted, with tear gas and water cannons being fired by police to stop them from entering the capital. This is one of the largest protests that has happened in the world.

Why the Media is Important

By: Ansh Dhaliwal (Grade 9)

Current Events. I know that there is a lot more that you can do at home or where-ever you are, like playing games on your phone or having a nap, instead of reading some article about a few events. However, we all need to stay up to date on what is going on around in the world. Without media outlets or sources, our lives would be affected in such a negative way. For starters, how would we have known about Covid-19? We would all have relatives coming over sick and we would have no clue on why they are. We would probably not even know who our prime minister or mayor is

and what they are doing to our lives. It would have made democracy harder to carry out and create. We would perhaps not know the passing of heroic influencers and idols. We would not know the start or end of a war, and most importantly, we would not know the cause of conflicts like BLM (Black Lives Matter) protests or farmer strikes. Yet, that does not mean that media is *not* a dreadful thing. Media can also affect our mental health and wellbeing. A Texas therapist known as Salley Schmid says that current events in 2020 have paralyzed us so much to a point where many of us started to face depression and anxiety. For example, hearing about all of these terrible events unfold in front of our eyes can cause suicide. Another example would be when we are tired of sitting at home or don't believe in infections like Covid-19, making us want to prove the media wrong by going outside and not wearing masks. Overall, media is an important part of our lives and I suggest you take five minutes out of your day to read an article or two.

Source** on Page 3.

@thebookofbenjamin

By: Tehzeeb Beniwal (Grade 10)

Interview with Pastor Ben

How much would you say you love yourself?

I think I love myself a lot, and am very proud of myself for who I am, but it wasn't always like that. Now, I love who I am and who God has grown me to be.

What do you think is important to do if you're trying to grow as a person?

Trying to grow as a person starts by... maybe isolating yourself a little bit you know? Spend some time off of social media, let go of things that you want to be like just because it looks good.

What do you do on your 'self-care' days? Your 'perfect' days?

I draw, watch anime, play some stardew valley while listening to a podcast, cook a good meal, and make sure I spend some time with God through either writing or prayer.

What do you think your purpose in life is?

To help people know themselves more and to help people to love other people more.

Do you think you're expressing enough love towards yourself?

Yeah, I make sure I do, because if I can't love myself it's hard to love other people.

What are some things you want to start doing to set yourself forward?

Maybe take more breaks so I have more of that self care time, because I don't have enough of it.

Who's your favourite rapper at the moment?

Probably John Coltrane; instant good feeling.

What's your favourite ice cream flavour?

Ooouuu, birthday cake.

The Importance of Self-Reflection

By: Caleab Onyango (Grade 9)

Self-reflection plays an important role in our lives. Without it, it would be hard to learn about yourself and learn from your mistakes. Life can sometimes feel like it's going really fast, and you have no time to take a breather, but some time to take a break and think about your life is needed for you to grow as a person. Self-reflection, also called introspection, is a process by which you grow your understanding of who you are, what your values are, and why you think and act the way you do.

We can use self-reflection to understand our-

selves and realign ourselves with our values. We can also use it to find out what direction we want our lives to go towards. When we think about setting new goals, we usually think about New Year’s resolutions, but goals can be created at any time. During self-reflection, we can look at our lives and find out what you want or need to accomplish. The setting and achieving of goals, plus the inquiry of self, will lead to a greater understanding of yourself, your values, and your future. This usually leads to an increase of confidence and self-growth.

Stepping Out of Our Comfort Zones

By: Emma Mowat (Grade 11)

Putting yourself in uncomfortable situations is when self-growth can really be achieved. John Gardner put it simply; “If you want to keep on learning, you must keep on risking failure — all your life. It’s as simple as that.” Not exactly comforting words. Many people find comfort in routine. You wake up, do your morning routine, go to work or school, yadda yadda yadda. That is the definition of your comfort zone; a routine that makes you feel safe. Unfortunately, you’re probably not going to grow as a person by doing this day after day.

Interesting people are interesting because of the things they’ve done and the stories they have to tell from it. It’s boring when you ask people what they’ve been up to and they say “Eh, nothing much.” However, imagine if you asked the same question to someone else and they said “Oh, I’ve taken up Taekwondo.” Much more fun to talk to. Of course, you shouldn’t step out of your comfort zone just because other people will like talking to you more. Do it because even if you fail, you will have the satisfaction of knowing that you gave it your best, and you might’ve even learned something from the experience.

*Science With Dafydd:

<https://www.medicalnewstoday.com/articles/322081#2.-What-makes-a-brain?>

<https://www.fau.eu/2019/11/12/news/research/how-the-brain-stores-memories/#:~:text=When%20a%20memory%20is%20created,when%20we%20retrieve%20a%20memory.>

<https://www.news-medical.net/health/What-is-the-Thalamus.aspx#:~:text=The%20thalamus%20is%20a%20small,signals%20to%20the%20cerebral%20cortex.>

**Why the Media is Important:

<https://www.fox44news.com/news/lo->

cal-news/local-trauma-therapist-speaks-on-how-current-events-are-affecting-our-mental-health/

Growth Word Search

R Z E A S Z S T R Z F T R T P
 D X W H D E V E L O P M E N T
 O P N E X T R S K B N N E W U
 G N A G V M G D K C V Y Y M S
 C Q M E T A M O R P H O S I S
 A D V A N C E I A J F R A G Q
 T H T X Z M E H B I E K O R P
 P T Q B J W H R I O A B P O H
 S U C C E S S Q C F U O C W R
 O A N E X P A N S I O N L T I
 G R G A I D V D C W B H I H S
 I M P R O V E M E N T I M L E
 S Y G J I Y R U W N N K B R I
 R Q D H C H A N G E G E A U X
 U G D E B E G I N N I N G Q W

metamorphosis
 beginning
 change
 rise

development
 success
 next
 hike

improvement
 growth
 new
 cat

expansion
 advance
 climb
 dog



