

Reflection on integration

Religion



Reflection on Integration My participation in PE at a Christian school has bettered my understanding of God in diverse ways. It has enabled me combine biblical and theological practice with personal experience and appropriate realities. I have learnt that theology is not just an educational exercise and an individual pursuit, but rather, it involves the coordination of efforts and participation in activities that enable a group of people share experiences that make an individual a wholesome person. The connection with other people fosters religious devotion because everybody has their personal experience, which one can integrate into their lifestyle.

Participation in physical activities has helped me come to know Jesus more. Interactions with classmates as part of a team and running the mile are two beneficial activities that have given me a better insight of Jesus. They enabled me to grow in discipleship and contributed to my spiritual growth in the Christian community. Participation in PE provided a genuine integration of theory and practice, which provided a theological experience that assists in application of Christian teachings in a similar manner to Jesus.

There are diverse topics covered in class that have been helpful to me because of their beneficial moral lessons. Integrations topics such as Stewardship, Identity in Christ, Image of God, and Disciplining of the Body have helped increase my religious devotion. Through the topics, I have a better insight of religion and I can help others attain a better understanding of the importance of faith and religious devotion that reflect God's desires. In addition, I have learnt the relationship of psychology and religion, in the way that the human body and mind determine religious behavior and identity in Christ.