

## Alumni Spotlight: Paul Lynn (MDiv '03)



**Current Title & Military Branch:** Chaplain (Major)  
Retired, as of August 2023, U.S. Army

**Family:** Rev. Dr. Elizabeth Lynn (MDiv '03); Five children.

**Favorite class:** Dr. Richard Lovelace's "Dynamics of Spiritual Life"

**Favorite memory:** Working on the seminary Grounds Crew and theologizing with my fellow students.

### **What have you been doing since you left Gordon-Conwell and what are you doing now?**

I worked in higher education administration for four years at a Christian college, pastored a church in Pennsylvania, and as an active-duty Army Chaplaincy. I am currently publishing a book through WestBow Publishers by the title of "Resilience Unlimited: How to Always Find Your Best Path." The book is based on a curriculum that I created for Chaplains to train Soldiers in the Army. In 2022 it was designated a Best Practice Spiritual Resiliency program for the U.S. Army Chaplain Corps.

### **What do you love about your work as a military chaplain?**

I worked in the space of the military marketplace by being a chaplain in the airborne and special operations community for eight years and finishing out my service as a family life chaplain, providing marriage and family therapy as well as trauma therapy.

### **What are the particular challenges of serving as a military chaplain in general and/or in your specific context?**

The greatest challenge that all military members face is the meaning loss of transitions. This comes from combat and peacetime deployments, but the hardest part is the family transitions from one geographic location around the world to another in short periods of time.

### **How has God woven together your Gordon-Conwell education with other life events to bring you to where you are now? How did you come to be doing your current work?**

Gordon-Conwell's MDiv was a theological education that I believe was second to none. The biblical exegesis and the theological framing prepared me in my spiritual formation, and that set me up to be spiritually resilient in the context of the Global War on Terror and a life of transitions with my family. The MDiv and other education experiences

compounded into a synthesis of important ideas, shaping materials that I'm publishing to help people thrive.

**How has your Gordon-Conwell education served you in your past and current work?**

I couldn't be a chaplain without an MDiv. It's a requirement. I didn't know I was being called to be a chaplain, but I answered God's call to pursue seminary education. When I was in my undergrad at a Christian college, my theological professor said these words, "There is only one seminary to choose: Gordon-Conwell." For me, this was the perfect fit for what I needed to do in the future.

**What piece of advice would you give to young alumni who are considering serving as a military chaplain?**

Make sure you are following the leading of the Lord to do this. Ministry is tough. Military chaplaincy is tougher. The potential of experiencing death in a combat zone is not for the faint of heart. Living in multiple combat zones over years away from family takes its toll in unseen ways. There are tremendous benefits of being in the military, but you earn every one of them. Make sure you are called to go into this specialized ministry.

**Do you have any publications or links to share?**

In 2024, I have a book coming out based on my research to improve resiliency within the U.S. Army with a special focus on suicide prevention: *Resilience Unlimited: How to Always Find Your Best Path*.