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APPENDIX A

Where Are You on the Soul Stages Journey?

In order to aid you in determining your areas of spiritual growth and the approximate stage you may be in, the following assessment tool details certain character traits commonly found in each of the soul stages. These traits are listed on a spectrum from the most negative aspect of the trait to the most positive: fear/love, doubt/trust, pride/humility, and sloth^{*}/growth.

As you prayerfully reflect on the traits and their spectrums, circle the number that best represents where you believe yourself to be on the scale. If you already identify with a particular soul stage, this will help you identify areas of potential growth. If, after reading the book, you still aren't sure which stage you're currently in, honestly contemplating the various traits should help clarify this.

As we are complex people, you may find that you exhibit certain character traits from a different stage. For example, you may struggle with the kind of fear that is more common in Stage Two, while also trusting God in a way that is typical of someone in Stage Three.

* Spiritual "sloth" is indifference or lack of interest in spiritual practices such as prayer, reflection, and Bible reading. It is not laziness, but rather a lack of effort to seek God and His kingdom. Consequently, our work, our relationships, and our "doing" become more important than taking time to come into God's presence.

STAGES *of* THE SOUL

CHARACTER TRAIT	STAGE ONE FIRST LOVE	STAGE TWO OBEDIENT LOVE
FEAR	<p>1</p> <p>The fear of God motivates me to consider Him.</p>	<p>1</p> <p>I fear the rejection and judgment of God and others causing me to focus more on my behavior than on a heart change.</p>
LOVE	<p>I love God because I have come to realize how much He loves me.</p> <p>5</p>	<p>My love for God motivates me to grow in understanding the precepts and truths of the faith.</p> <p>5</p>
DOUBT	<p>1</p> <p>I doubt whether I can trust God because I am used to running my own life.</p>	<p>1</p> <p>I doubt whether God can take care of my daily practical needs.</p>
TRUST	<p>I trust God with all of who I am for I understand His unconditional love for me.</p> <p>5</p>	<p>I trust God will give me a new heart to keep His commandments.</p> <p>5</p>
PRIDE	<p>1</p> <p>I tend to go back to taking control of my life and being my own "god."</p>	<p>1</p> <p>I live my life for the praise of others.</p>
HUMILITY	<p>My heart is open to relinquish all I am to all of who God is.</p> <p>5</p>	<p>I minister to others with a servant's heart.</p> <p>5</p>
SPIRITUAL SLOTH	<p>1</p> <p>I have little interest in seeking God.</p>	<p>1</p> <p>I become negligent in spiritual practices of Bible reading, prayer, and reflection.</p>
SPIRITUAL GROWTH	<p>I am enthusiastic about following Christ.</p> <p>5</p>	<p>I choose to grow because it is the right thing to do.</p> <p>5</p>

Appendix A—Where Are You on the Soul Stages Journey?

STAGE THREE PERSEVERING LOVE	STAGE FOUR SACRIFICIAL LOVE	STAGE FIVE INTIMATE LOVE
<p>1</p> <p>I fear relinquishing control of the idols in my life and facing my own pride.</p> <p>My love for God flows from my desire to know Him and to grow deeper to reflect the character of Christ.</p> <p>5</p>	<p>1</p> <p>I consistently experience that God's unconditional love does melt away my fears allowing me to live more consistently in faith, hope, and love.</p> <p>My love for God is expressed through joyfully and sacrificially loving others.</p> <p>5</p>	<p>1</p> <p>Fear is simply a reminder to rest in God's love, grace, and forgiveness and to bask in His holy love and purpose for my life.</p> <p>My love for God has become an ever-present awareness of God's presence in me and with me.</p> <p>5</p>
<p>1</p> <p>I doubt whether God really sees me and desires to know me in the most vulnerable places in my heart.</p> <p>I trust God to heal my deepest wounds.</p> <p>5</p>	<p>1</p> <p>I doubt the depth of my faith can sustain me in difficult times.</p> <p>I more fully trust God's abiding and loving presence in my life.</p> <p>5</p>	<p>1</p> <p>Having experienced God's love on such a deep level, I find my doubts quickly dissipate.</p> <p>I trust God fully and completely.</p> <p>5</p>
<p>1</p> <p>I seek positions of importance in the spiritual life and mask by my pride with religious practices.</p> <p>I desire to serve and love others with greater purity.</p> <p>5</p>	<p>1</p> <p>I see myself as having achieved farther in the spiritual life than others.</p> <p>Because of God's mercy, I seek to extend His mercy to others.</p> <p>5</p>	<p>1</p> <p>I have a godly sorrow over the damage the sin of pride has done in my life and others.</p> <p>Humility is expressed by reconciling, serving, and loving all of God's children.</p> <p>5</p>
<p>1</p> <p>I am unwilling to spend time in deeper reflection allowing God to shine His light on my heart.</p> <p>I choose to grow because I desire a more intimate relationship with God.</p> <p>5</p>	<p>1</p> <p>I move away from spiritual practices, replacing them with ministry and activity.</p> <p>I choose to grow in order to live in God's will, speak His truth, and share His heart of compassion for others.</p> <p>5</p>	<p>1</p> <p>Any temptation toward sloth is responded to immediately with confession.</p> <p>My will desires more than anything for my heart to beat with God's heart.</p> <p>5</p>



APPENDIX B

Various Models of the Stages of Faith

Numerous people over the centuries, from men and women of faith to secular psychologists, have explored the stages of faith development. While there is no “right” model, they all seek to inform us of the intricacies involved in the development of the journey toward maturity in Christ.

The model I propose synthesizes concepts found in a variety of models, while at the same time honoring the truths found in Scripture, as well as the stages of Christ’s life. The overall focus of the model is God’s invitation to greater intimacy and love.

The following chart identifies notable authors and models of stages of faith from the historic Christian church to the contemporary age.

	STAGE ONE	STAGE TWO
Nancy Kane Stages of the Soul—God's Invitation to Greater Love	Our First Love— <i>Called into Saving Faith</i>	Obedient Love — <i>Learning the Ways of Godliness</i>
James Fowler	Intuitive Projective Faith— Magical World	Mythic Literal Faith (Concrete Familial)
Evan Howard	First Year of Life— Crawling/Walking	Solid Growth as a Child of God—Stepping/Playing/Working
Janet Hagberg & Robert Guerlich	Salvation	Life of discipleship
Bernard of Clairvaux	Love of self for self- immature love	Love of God for self-prudent love
John Westerhoff	Experienced Faith	Affiliative Faith
St. John of the Cross	Conversion	Purgative Way
Teresa of Avila	First Dwelling: Spiritual Friendship	Second Dwelling: Prayers are brief service self-centered
Robert Sears	Initial Faith (Abrahamic Basic Trust)	Familial Faith (Mosaic Law)
Aaron Weisser	Encountering God's Spirit	Encountering God's Spirit in Me
Classic Orthodox	Awakening/Purgation	Illumination
Walter Brueggemann	Securely oriented with God (Israel's deliverance from Egypt)	Painfully disoriented (Israel's wilderness wanderings)
Jan Van Ruysbroeck	Active life	Interior life
Jane Loevinger	Conformist	Self-Aware
Evelyn Underhill	Awakening	Purification
Paula Rinehart	Predictability (Illusion)	Disillusionment (Disappointment)

STAGE THREE	STAGE FOUR	STAGE FIVE	STAGE SIX
Persevering Love— <i>Invitation to Intimacy</i>	Sacrificial Love— <i>Living the Kingdom Here and Now</i>	Intimate Love— <i>Being Light and Love for the World</i>	
Synthetic Conventional Faith	Individuative-Reflective Faith	Conjunctive Faith	Selfless Services
Thriving within Tension— Climbing/Dancing/Journeying	Living a Mature Christian Life—Active Resting		
The Productive Life	“The Wall” and The Journey Inward	The Journey Outward	The Life of Love
Love of God for God— unselfish love	Love of self for God—perfect love		
Searching Faith— late adolescence	Owned Faith		
Purifying Dark Night of the Senses	Illuminative Way	Dark Night of the Spirit	Unitive Way
Third Dwelling: Outward acts of compassion but lacks intimacy	Fourth Dwelling: Spiritual Courtship	Fifth Dwelling: Deep Communion with Christ	Sixth Dwelling: Spiritual Marriage
Individuating Faith (Jeremiah/Job)	Communitarian Faith (Jesus: Servant)	Missional Faith (Pentecost)	
Encountering God's Spirit in Others	Encountering God's Spirit in All		
Union			
Securely re-oriented (Israel's entry into Canaan)			
Contemplative life (deep union)	Missional Life		
Conscientious	Individualistic	Autonomous	
Illumination	Dark Night	Union with God	
Hope (Deepening Faith)			