

Faith Development

Need to move beyond the old model of religion (behave-believe-belong to Belong-Believe-Behave)

Clear reception of the Kerygma

Countless ways and means to God

Growth is spiral not linear; takes place in darkness

Development happens almost in spite of ourselves

Psychological and faith development are different for men and women

As we get older, we notice patterns more clearly

Growth involves pain

Levinson's Eras of the Life Cycle:

- Three tasks for adulthood
 1. Intimacy
 2. Generativity
 3. Integrity

Faith has to do with the making, maintenance and transformation of human meaning

It's a mode of knowing and being—a felt sense of the world as having character, pattern and unity

It's a way of connecting our story/pain with the larger story/pain of the world

Practical ways and means of enhancing one's faith:

- Provide opportunities to share one's story/faith: in words, actions, and contemplation
- Facilitate a strong nurturing environment (mentor, spiritual director, spiritual companion, community)
- Meaningful rituals, liturgies and teachings are critical
- Respect individuals' place of faith—what are the questions?
- Regularly surrender the details of your life into God's hands
- Faith is intimately involved in life *not* separate from it
- Transition from one stage to another involves pain, confusion, disruption and a sense of loss; faith growth involves embracing these feelings thus diminishing fear and anxiety
- Read and meditate on the Scriptures
- Intellectual dissonance
- Sabbath rest
- Creating the opportunity for religious/spiritual experiences (e.g. retreats, prayer experiences, immersion in nature)
- Build bridges with other people, especially the marginalized
- Pay attention to reality