Podcast Worksheet
Where are You on Your Spiritual Journey? Part 1

Scriptural Text:
John 12:24-25

Main Points:

1. Growth through the spiritual stages isn't necessarily linear or neatly compartmentalized.
2. Moving forward on our spiritual journey is more important than knowing the location.
3. Reading the works of desert fathers (the dead guys), is vastly helpful to light the way spiritually.
4. We can't move ourselves forward in our spiritual journey; God has to do the moving.
5. The sensual level: Life is about satisfying and stimulating my senses, making myself/body feel good, getting my needs met. I'm narcissistic and unable to see or care about anyone else.
6. The community level: Life is about learning what it means to be part of my group, following the rules, and fitting in. We believe and do what our groups say is right.
7. The individuation level: Life is about thinking and analyzing what I've been told and deciding what is right for me. My goal is to define my comfort zone and stay in it.
8. Stage three is as far as we can get without some kind of personal earthquake rocking our world.
9. Death of self: I don't know what life is about anymore. I'm no longer in control. I'm disrupted, disoriented, and uncomfortable.
10. Stage four was aptly named, "dark night of the soul," by St. John of the cross.
11. Stage four is painful, but it brings gifts, too. It is here we discover the real Jesus and gain a more honest and truthful understanding of who we are.
12. We can't force stage four; we can only wait in darkness while God brings transformation.
13. Before the dark night ends, God strips away the old, the bad, and the false, leaving a void.

Questions:

1. Do you see yourself in any of these first four levels? If so, describe.

2. Where would you like to be with the Lord? Did anything in the podcast whet your appetite?

3. What, if anything, is holding you back from spiritual growth? Can you invite Jesus into this?

Prayer of Response:
Lord God, please open my heart and mind to the spiritual journey you want for me. Let me move forward with you, by your Spirit. Lead me in truth and power. Help me see and know the real Jesus. I want to experience union with you. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to _____

_____

Copyright © 2018 Cyndy Sherwood
Hishealinglight.org