



Seasons of the Soul: Stages of Spiritual Development

Bruce Demarest

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Every Christian is on an amazing journey. But the unfortunate truth is that many of us live largely detached from this fact. Days go by, but it can be hard to feel a sense of movement or growth. Sometimes, in periods of doubt and depression, we might feel stuck in the same place for months. Yet the truth remains that from the moment we give Christ control of our life, we set out on the most significant journey that exists: the journey of becoming like Jesus. In these pages, spiritual formation professor and New Testament scholar Bruce Demarest helps us grasp the whole picture of the journey we're on that we might live our days with intention and keep moving toward maturity in faith. Using Scripture, writings from our rich spiritual tradition and stories of present-day believers walking the same path of faith, Demarest leads us through the three main stages of the journey:

- putting our faith in Christ
- experiencing struggles and doubts
- coming to deeper faith

In addition, discussion and reflection questions at the end of each chapter help you see where you've been and what stage you're at now. And throughout the book, you will be reminded of the ultimate destination: perfection, wholeness and eternity with Christ. Whether you are struggling and feeling stuck or experiencing a time of great joy, these pages will give you perspective, courage and hope as they guide you on the path of becoming like Jesus.

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