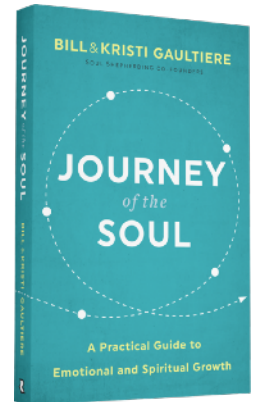
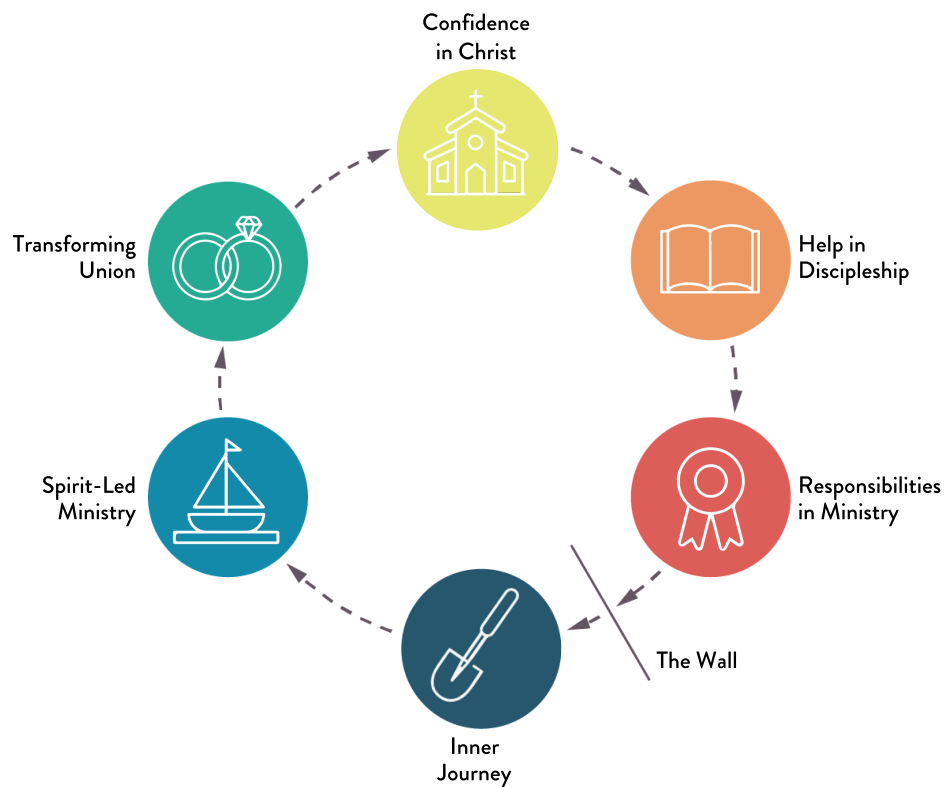


A MAP FOR EMOTIONAL & SPIRITUAL GROWTH

Led by Bill & Kristi Gaultiere
Founders of Soul Shepherding



The CHRIST Stages



C Stage: Confidence in Christ



Images of God: Savior, Loving Father, Holy Spirit

Soul Care Practices: Confession, gratitude

H Stage: Help in Discipleship



Images of God: Teacher, Coach

Soul Care Practices: Daily Bible reading, small groups

R Stage: Responsibilities in Ministry



Images of God: Lord, Master

Soul Care Practices: Identity in Christ, using your gifts to help others, serving

The Wall (Transition)



Images of God: Jesus on cross, Sovereign King

Soul Care Practices: Spiritual direction, rest, Psalms of lament

I Stage: Inner Journey



Images of God: Jesus as Friend, Abba, Holy Spirit

Soul Care Practices: Praying Psalms (language of emotions), devotional classics

S Stage: Spirit-Led Ministry



Images of God: Spirit of Jesus as Friend, Guide, and Advocate

Soul Care Practices: Watching and praying to act with Holy Spirit, abiding in prayer

T Stage: Transforming Union



Images of God: Jesus as Bridegroom, dancing with the Trinity

Soul Care Practices: Contemplative prayer, practicing God's presence

Journey of the Soul by Bill & Kristi Gaultiere.

Sticky Love

"Because your love is better than life, my lips will glorify you" (Psalm 63:3).

Breath Prayer

Lord Jesus, your love . . . Is better than _____.

Breath Prayer Guides by Bill Gaultiere, p. 93.

Visit SoulShepherding.org to schedule an appointment with a Sr. Coach (or Sr. Spiritual Director).

SOUL SHEPHERDING RESOURCES



- Journey of the Soul (with companion Leader Guide & Soul Talk Cards)
- Breath Prayer Guides
- Ignatian Meditation Guides
- Lectio Divina Guides
- Your Best Life in Jesus' Easy Yoke
- Unforsaken
- Healing Prayer
- Visual Devotion Cards: Journey, Rhythms, Rescue, Playful
- Surprising Joy (Advent)
- Your Sabbathal: An Introduction

Visit the book table to check them out!