

Navigating Mormon Faith Crisis: A Simple Developmental Map

If you're experiencing a Mormon faith crisis, know that you're not alone. Many people go through this process at some point in their lives. It can be a difficult and confusing time, but it can also be an opportunity for growth and discovery.



Navigating Mormon Faith Crisis: A Simple Developmental Map by Thomas Wirthlin McConkie

★★★★☆ 4.5 out of 5

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This simple developmental map can help you navigate the process of a Mormon faith crisis. It's based on the work of Dr. James Fowler, a developmental psychologist who studied how people's faith develops over time.

Fowler's model has six stages of faith development:

1. **Intuitive-Projective Faith:** This is the faith of young children. They believe what they're told by their parents and other authority figures.

2. **Mythic-Literal Faith:** This is the faith of older children. They start to develop their own understanding of the world, but they still believe in the literal truth of religious stories.
3. **Synthetic-Conventional Faith:** This is the faith of most adults. They have a more sophisticated understanding of the world, but they still believe in the basic tenets of their religion.
4. **Individuative-Reflective Faith:** This is the faith of people who have gone through a period of doubt and questioning. They have come to a more personal and mature understanding of their faith.
5. **Conjunctive Faith:** This is the faith of people who have integrated their faith with other aspects of their lives. They see their faith as a source of meaning and purpose.
6. **Universalizing Faith:** This is the faith of people who have a deep understanding of the world and their place in it. They see their faith as a source of compassion and love for all people.

Not everyone goes through all six stages of faith development. And people can move back and forth between stages at different times in their lives.

If you're experiencing a Mormon faith crisis, it's important to be patient with yourself. It takes time to work through the process. And there's no right or wrong way to do it.

The most important thing is to be honest with yourself about your beliefs and feelings. Don't try to force yourself to believe something you don't believe. And don't be afraid to ask questions and seek out support from others.

With time and patience, you can navigate the process of a Mormon faith crisis and come out stronger on the other side.

Here are some tips for navigating a Mormon faith crisis:

- **Be honest with yourself about your beliefs and feelings.** Don't try to force yourself to believe something you don't believe. And don't be afraid to ask questions.
- **Seek out support from others.** There are many people who have gone through a Mormon faith crisis. Find someone who can understand what you're going through and offer support.
- **Read books and articles about faith and doubt.** There are many resources available to help you understand the process of faith development. Reading about other people's experiences can help you feel less alone.
- **Take your time.** There's no rush to figure everything out. Allow yourself time to process your thoughts and feelings.
- **Be patient with yourself.** It takes time to work through a faith crisis. Don't get discouraged if you don't see results immediately.

Navigating a Mormon faith crisis can be a difficult process, but it can also be an opportunity for growth and discovery. With time, patience, and support, you can come out stronger on the other side.

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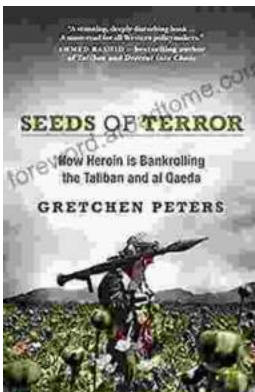


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