

Conversion

- ❖ Metanoia - change of mind/heart/consciousness
 - * from living by directions of the False Self/selfishness
 - * to living under the direction of the Spirit/Love
- ❖ Entails . . .
 - * openness to grace
 - * re-direction of the will
 - * re-formation of the mind
 - * changing certain behaviors
 - * trans-formation of consciousness

Types of Conversion

- ❖ Religious
- ❖ Intellectual
- ❖ Moral
- ❖ Psychological



Religious Conversion

- ☞ Core concerns: Faith, surrender, centeredness, empowerment. Overcoming selfishness.
- ☞ Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.
Step 3: Made a decision to turn our lives and will over to the care of God as we understood Him.
- ☞ Disciplines: prayer, worship, surrender, discernment.

Intellectual Conversion

- ☞ Core concern: valuing the truth; growth in knowledge and wisdom. Overcoming bias and ignorance.
- ☞ Process of questioning and clarifying. Seeking to arrive at the truth of the matter.
- ☞ Who is God? Christ? What do I really believe about. .?
- ☞ Disciplines: study, dialogue, reflection, meditation.

Moral Conversion

- ☛ Core concern: making good and loving choices; rejecting vice, evil.
- ☛ Conscience - what is the loving thing to do?
- ☛ Disciplines of study, examination of conscience, confession. Practice of virtue.

Psychological Conversion

- ☛ Core concerns: quest for authentic self-knowledge. Overcoming shame.
- ☛ Dealing with family of origin issues.
- ☛ Issues pertaining to boundaries, communication, identity.
- ☛ Disciplines: journaling, dreamwork, typology, counseling, support group, self-help books.

Interactions

- ❖ Difficult to do deep work on all four processes at once.
- ❖ Primacy of religious conversion.
- ❖ Interdependence of four processes.
- ❖ Difficult to grow spiritually without attending to all four conversion processes.
